

Mental Health and Wellness for Teachers Resources

The following are a list of hyperlinks to the specific resources cited in this presentation.

- [Health and Safety Regionals/Supplemental Module Materials \(CMS/PD\)](#)

Mental Health First Aid

Encourage Additional Support:

- <https://www.gateshead.gov.uk/article/3472/Where-to-get-advice-help-and-support>

What Can I Do?:

- <https://www.morneaushepell.com/ca-en/insights/removing-stigma-5-rs-workplace-mental-health>

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Duty to Accommodate

Accommodations:

- [Mental Health Works website](#)
- [Canadian Mental Health Association, Return to Workplace Toolkit \(EN\)](#)
- [Canadian Mental Health Association, Return to Workplace Toolkit \(FR\)](#)
- [Canadian Mental Health Association, Mental Health and Addiction Index, stress](#)
- [Mental Health/Mental Illness Accommodations and Return to Work](#)
- [Managing Depression Guide, 2018](#)

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- [Sample Accommodations for Mental Illness Related Cases](#)
- [Workplace Accommodations: What You Need To Know, COVID-19 Q & A](#)

Feeling Better Now

- [Feeling Better Now, sign in page](#)
- [Feeling Better Now website, COVID-19 Mental Health and Wellness Resources](#)
- [Feeling Better now Flyer with Promotional Video, for unit websites](#)

Employee Assistance Programs

- [Managing Depression Guide, 2018](#)
- [Importance of Teacher and School Staff Infographic, WELLAHEAD](#)

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- [What You Don't Know About Your Employee Assistance Programs](#)

National Standard on Psychological Health and Safety

Implementing the Standard:

- [National Standard on Psychological Health and Safety](#)

Introductory Video National Standard:

- [Introductory Video, National Standard](#)

What Can We Do?

Building Trust

- <https://www.businesshorsepower.com/wp-content/uploads/2018/02/Building-Trust-v1-940x675.png>

Mental Health and Wellness for Teachers Resources

Online Resources/Tools

- [Mental Health and Mental Illness Resources.pdf](#)
- [OTIP Feeling Better Now](#)
- <https://www.feelingbetternow.com/otip>

CCOHS and OCHOW:

- [Measure Workplace Stress App - CCOHS and OCHOW](#)

Mindsight - An On-Line Mental Illness Awareness Resource:

- [Mindsight - An Online Mental Health Awareness Resource](#)

Mental Health and Wellness for Teachers Resources

Link to Mental Health Podcasts

Conference Board of Canada:

- [Carrying On: Mental Health Strategies for COVID-19](#)

EdCan Network

- [Well At Work Podcasts](#)

Getting Information to Members

Health Promotion:

- <https://www.canada.ca/en/health-canada/services/calendar-health-promotion-days.html>