

Enhance Your Mental Health Literacy for the Classroom *with*

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MENTAL HEALTH MOOCS

Free, online, modular resources

#GetLiterate



Build Your Mental Health Literacy

1. Enhance your mental health literacy as a teacher candidate or in-service teacher.
2. Provide classroom congruent materials to help address mental health literacy of students.
3. Identify strategies that can be used for obtaining and maintaining your own mental health.

Teach Mental Health (Ages 12-19)

1. Gain a better understanding of all aspects of mental health literacy.
2. Apply classroom activities to decrease mental health-related stigma, increase knowledge related to mental disorders & treatments, and improve self-care, and help-seeking capacity.

Learn more about these Mental Health resources:
teachmentalhealth.org



THE UNIVERSITY OF BRITISH COLUMBIA
Faculty of Education

