



Mental Well-Being

Essential Resources

Potential Resources to Support Learning		
Teachers	CUPE Support Staff	NON CUPE Support Staff
<ul style="list-style-type: none"> • Crisis Hotline for ASEBP call toll-free: 1-855-933-0103. OR 988 for the suicide hotline • Greenshield (formally Inkblot) 	<ul style="list-style-type: none"> • Greenshield (formally Inkblot) 	<ul style="list-style-type: none"> • Homewood Health
All Staff		
<ul style="list-style-type: none"> • Rocket Doctor • ASEBP - It Takes a Village - (Individual and group activities and resources) • Alberta Health Services Addiction and Mental Health - AHS) Addiction and Mental Health (Programs, Resources and Contact Information) (Hot Topic - list of 3 • Mental health in the Workplace (Infographic) All Staff • Mental Health First Aid All Staff • ASIST Training (Suicide First Aid Training) All Staff Can Access • Canadian Mental Health Association - CMHA National: Home All Staff • Manulife Mental Health Resources • Greater good in action: The Big Joy Project - Greater Good in Action (practical tools and activities) • The Science of Well-Being by Yale University (free course offered by Yale University) • Canadian Mental Health Association (Ontario) - Mental Health and Addictions (courses and resources to support personal mental well-being) • Mental Health Breaks for Staff • MBSR- Mindful Based Stress Reduction courses- can be claimed through your ASEBP 		
Technology Resources		

- **Apps:**
 - **DownDog** (Multiple Apps: Yoga, Meditation, HIIT, Running Barre, Prenatal Yoga - Subscribe to one and have access to all), **Calm** (Mindfulness), **Simple Habit** (Meditation), **Headspace** (Mindfulness), **Stop Breathe Think** (Meditation)
- **Audiobooks/books:**
 - Anxiety RX (Dr. Russell Kennedy) , Greg Wells, Robin Dafoe, Anxious Generation (Jonathan Haidt), Mel Robbins, Brene Brown,
- **Podcasts:**
 - The School of Heritage, Unlocking Us with Brené Brown, 10% Happier with Dan Harris, The Mental Illness Happy Hour
 - [Teaching is “Heart” work](#): a podcast recognizing a significant gap between the attention given to student well-being, the educators stress the importance of teachers tending to their emotional labour - being calm, passionate, joyful, and healthy.
 - Ever Active Schools - [Podcasts](#)
 - [Mental Health Talk](#) - Is a storytelling site by and for people with lived mental health experience. Helping to break down stigma by educating through stories and experiences.
- Where to find digital resources? Audible, Spotify, Libby, Hoopla, Apple Podcasts

[Click Here to see the NGPS Employee resource referrals!](#)

- [Personal Resiliency Tips for Helpers Who Support Students](#) - who support students
- Mental Health Online Resources for Educators - [MORE – \(MORE\) Mental Health Online Resources for Educators](#) (free online PD)
- [The Centre for Addiction and Mental Health](#) (resources and toolkits to support staff mental well-being)
- Mental Health Commission of Canada - [National Standard](#) (toolkits and education)
- Canadian Government Website - [Mental health and wellness](#)
- [Canadian Mental Health Association](#)
- Mental Health Breaks for staff - [Apple Schools](#)

Awareness	<ul style="list-style-type: none"> • Wellness Self-Assessments, Tools, and Strategies • Mental Health Checker • Various Mental Health Assessments (NGPS psychosocial hazard assessment)
Application	<ul style="list-style-type: none"> • Emotional Wellness Toolkit • Sharing the use of mental health resources (ex. EFAP, Inkblot, etc.) • Promoting Positive Mental Health
Growth	<ul style="list-style-type: none"> • Guide to setting goals • Redo the assessments from the awareness to determine if there have been improvements • self-care starter kit

