

Resources for Teaching Mental Health in a Skills-Based Classroom

Valid and Reliable Resources



Have students practice the skill of accessing valid and reliable information and resources to evaluate these sites and find their own! You could also do a webquest or other activity where students need to find information on the sites. Or just use for your own background knowledge!

Society for Adolescent Health and Medicine, “Mental Health Resources for Adolescents and Young Adults”

<http://www.adolescenthealth.org/Resources/Clinical-Care-Resources/Mental-Health/Mental-Health-Resources-For-Adolesc.aspx>

National Institute of Mental Health, “Childhood and Adolescent Mental Health”

<https://www.nimh.nih.gov/health/topics/child-and-adolescent-mental-health/index.shtml>

Office of Adolescent Health, “Mental Health in Adolescents”

<https://www.hhs.gov/ash/oah/adolescent-development/mental-health/index.html>

Youth.gov, “Mental Health”

<https://youth.gov/youth-topics/youth-mental-health>

National Center for Children in Poverty, “Adolescent Health in the US”

http://www.nccp.org/publications/pub_878.html

World Health Organization, “Child and adolescent mental health”

http://www.who.int/mental_health/maternal-child/child_adolescent/en/

National Association of School Psychologists, “Self-concept and self-esteem in adolescents”

<file:///Users/beness/Downloads/Self-Concept%20and%20Self-Esteem%20in%20Adolescents%20NASSP%20Feb%2007.pdf>

Born This Way Foundation, “Mental Wellness”

<https://bornthisway.foundation/mental-wellness/>

Educator Resources



Be sure to review all curriculum materials for their alignment with your unit objectives and modify as needed to support skill development as many of these lessons focus on information!

University of Michigan Depression Center

<https://www.classroommentalhealth.org/>

Mentalhealth.gov

<https://www.mentalhealth.gov/talk/educators>

Mental Health Lesson Plans (Middle and High School)

<http://canwetalk.ca/wp-content/uploads/2016/03/COOR-791-2016-03-CWT-lesson-plans.pdf>

Teenmentalhealth.org

<http://teenmentalhealth.org/curriculum/resources/>

National Institute of Mental Health (information on the brain)

<https://www.nimh.nih.gov/health/educational-resources/brains-inner-workings/the-brains-inner-workings-activities-for-grades-9-through-12.shtml>

kidshealth.org

<http://kidshealth.org/classroom/>

thehealthteacher.com

<http://thehealthteacher.com/unit-plan-stress-management/>

Greater Good Science Center at UC Berkeley

https://greatergood.berkeley.edu/article/item/how_to_teach_happiness_at_school

A free online course that you can take:

https://ggsc.berkeley.edu/what_we_do/event/the_science_of_happiness

MindUP.org

<https://mindup.org/>

Mindfulschools.org

<https://www.mindfulschools.org/training/mindful-educator-essentials/>

Breathe for Change

<https://www.breatheforchange.com/>

TEDTalks/TED.com

https://www.ted.com/talks/guy_winch_the_case_for_emotional_hygiene

<https://ideas.ted.com/7-ways-to-practice-emotional-first-aid/>