

GUIDE TO SOCIAL-EMOTIONAL, MENTAL HEALTH AND WELL-BEING RESOURCES

Canadian Resources



Social Emotional Learning and Mental Health page: North Vancouver School District provides information and resources for educators and parents.



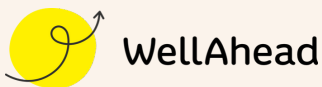
SEL BC Lower Mainland Network: Educators, researchers, and community organizations committed to the promotion of social-emotional learning, social responsibility, and collaborative learning within school and community settings.



Dalai Lama Centre for Peace + Education: A non-religious, non-political charitable organization located in Vancouver that works to inform, inspire and engage the adults who care for and teach children in homes, schools and community learning environments. Find current research, scientific knowledge, resources and best practices related to social and emotional learning.



PREVNet: A national network of researchers and organizations that aims to stop bullying through awareness, building research capacity and promote evidence-based programs and policies.



WellAhead: A philanthropic initiative that aims to improve child and youth mental health by integrating social and emotional wellbeing into K-12 education.



Equitas: A non-profit advancing equality, social justice and respect for human dignity through transformative human rights education programs in Canada and around the world.



Teach Resiliency: An online library that has practical and evidence-informed resources and tools to support mental health in classrooms and schools - for students as well as educators.



Healthy Schools BC: A collection of curated resources and opportunities for BC educators to foster healthy development.



Teen Mental Health: A resource for quality mental health information addressing the needs of youth (ages 12 to 25 years), families, educators, health providers, policy makers and others.

American Resources



Collaborative for Academic, Social, and Emotional Learning (CASEL): A trusted source for knowledge about high-quality, evidence-based social and emotional learning. CASEL supports educators and policy leaders and enhances the experiences and outcomes for all K-12 students.



Greater Good in Education: An organization developed at UC Berkeley that provides educators and parents with practical insights that help bring the science of a meaningful life into their lives, schools, and classrooms, drawing on disciplines such as social-emotional learning, mindfulness, and character education.



Partners for Youth Empowerment: A non-profit organization committed to empowering youth across the globe with skills that unlock their true potential. They provide individuals, schools, youth programs and camps with the techniques and strategies to lead transformative programs using a proven Creative Empowerment Model.



Susan Kaiser Greenland: An internationally recognized leader in teaching mindfulness and meditation to children, teens, parents, and professionals. She played a foundational role in making mindfulness practices developmentally appropriate for young people and helped to pioneer activity-based mindfulness.

edutopia

Edutopia - Social and Emotional Learning: A resource guide on creating a healthy school culture by helping students develop skills to manage their emotions, resolve conflicts, and make responsible decisions.

edutopia

Edutopia - Mental Health: a resource guide on compassionate perspectives and evidence-based strategies to foster school environments that promote well-being and support students experiencing behavioral, emotional, or social challenges.



RULER: An evidence-based approach for integrating social and emotional learning into schools, developed at the Yale Center for Emotional Intelligence. RULER applies “hard science” to the teaching of what has historically been called “soft skills” to teach skills associated with recognizing, understanding, labeling, expressing, and regulating emotion.



Child Mind Institute: An independent, national nonprofit dedicated to transforming the lives of children and families struggling with mental health and learning disorders. They deliver the highest standards of care, advance the science of the developing brain and empower parents, professionals and policymakers to support children when and where they need it most.