

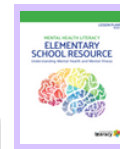
The Elementary Mental Health Literacy Resource (EMHLR) Quick Links Roadmap



Check out the [EMHLR](#)

Read Book 1!

(this contains the key knowledge needed to confidently deliver the resource)



Review Lesson Plans & Alternative Activities

(for in-person, online and hybrid delivery)

Watch a [Classroom Demonstration Video](#) of Lesson 1



Explore Curricular Connections with our

[Cross-Canada Interactive Map](#)

Download the Resource

(slide decks, student activity sheets, etc.)



For Interactive Elements, see [Appendix E](#) for How To Download the Digital Resources

Have a Plan

if Sensitive Topics Arise in the Classroom



Access the [6 Modules](#)

[Email Us](#) with your Feedback and Ideas



Have Fun!

(no link here - you've got this!)



RECRUITING KEY INFORMANTS

Elementary Mental Health Literacy Resource: Cultural Adaptation Through Co-Creation



THE UNIVERSITY
OF BRITISH COLUMBIA



DALHOUSIE
UNIVERSITY



What is the Elementary Mental Health Literacy Resource?

The EMHLR is an interactive, classroom-ready resource that educates Grades 4-6 students about mental health, mental disorders, and stigma reduction. It promotes help-seeking behaviors and healthy lifestyles for positive mental health.

The resource was developed in consultation with students, mental health professionals and educators, and is freely available at mhlcurriculum.org. The EMHLR was pilot-tested in 2023 with 3,400 students across AB, and demonstrated significant and substantial improvements in students' mental health knowledge, help-seeking intentions, stigma related to mental disorders, and overall stress levels.

Who Are We?

We are a team of researchers from the University of Alberta, University of British Columbia, Dalhousie University, and mentalhealthliteracy.org. We are interested in learning how the EMHLR can be culturally adapted to better impact underrepresented students' mental health literacy outcomes. Four of our researchers identify themselves as from the Chinese, Black, Indigenous and 2SLGBTQI+ communities. This research project has been made possible by the One Child, Every Child grant.

How Can You Participate?

We are seeking key informants within the Chinese, Black and Indigenous communities, who have professional experience in education and/or mental health. Indigenous Knowledge Keepers and Elders are also eagerly invited to participate. We aim to have culturally responsive reviews of the EMHLR and meaningful conversations about how the EMHLR can be adapted to better meet students' needs from these underrepresented groups. Our hope is to build on this learning and inform future adaptations of the EMHLR for additional underrepresented communities.

***This study has been approved by the University of Alberta Health Research Ethics Board (REB #: Pro00144067)**

In recognition of their time and input, participants will be offered a \$100 honorarium.

Interested? Email us at: vieweger@ualberta.ca

Elementary Mental Health Literacy Resource (EMHLR): A Quick Overview



What makes the EMHLR Different?



1. Developed through an extensive **consultative** process with educators, mental health experts and youth
2. **Integrated** with MHL resources for parents, teachers, youth and health care practitioners
3. **Flexible** classroom delivery (in-person, online & hybrid options)
4. Based on **best available evidence** and evaluated for safety and effectiveness
5. **FREE**



Integrated Approaches that Follow The Learner (aka not a 'one off' program)

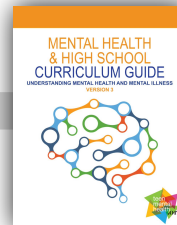
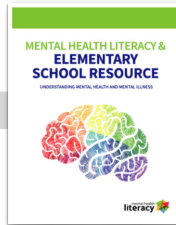
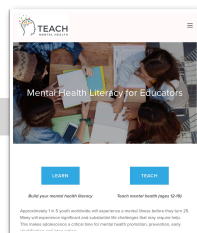


Go-To Educator

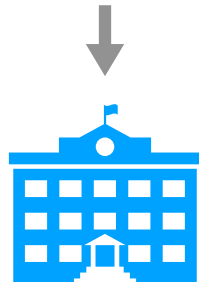
Curriculum Training

Curriculum Resources

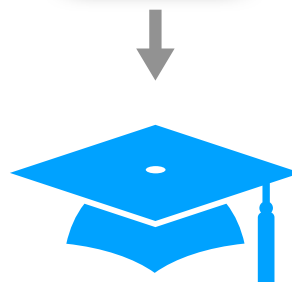
Caregiver MHL Session



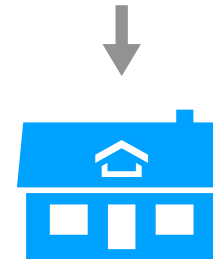
Educational Professionals



Classroom Teachers

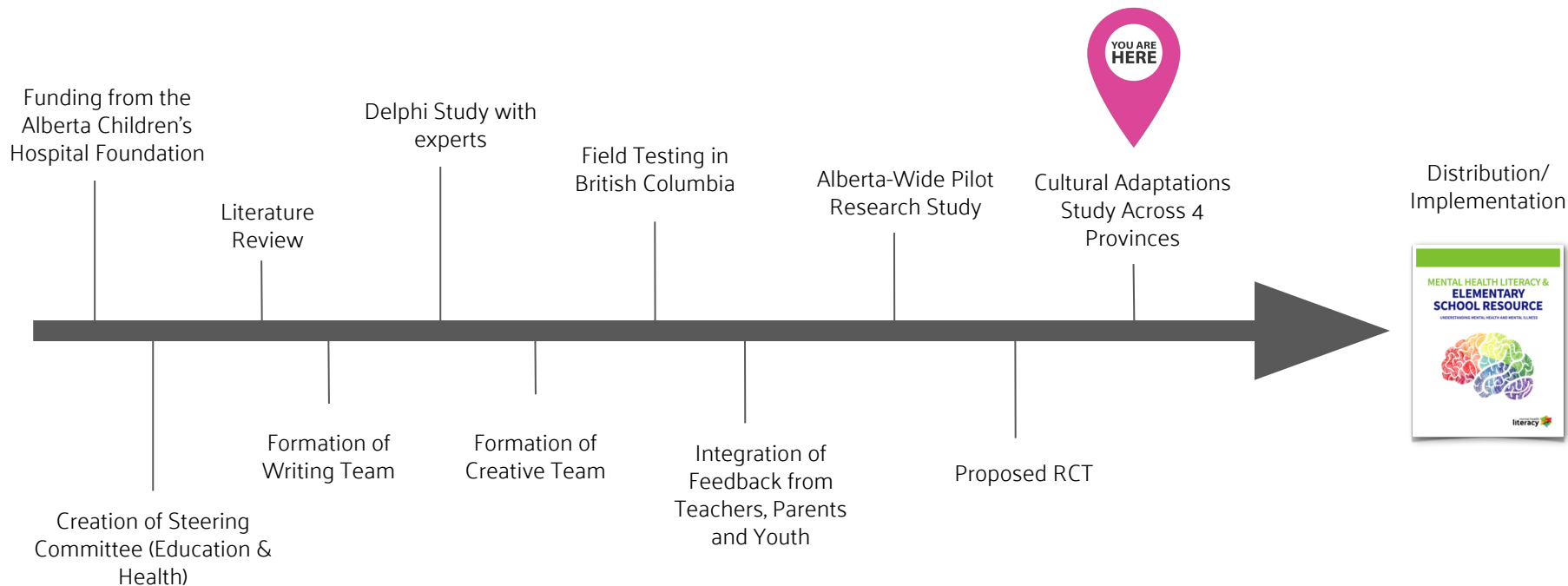


Students



Parents/Guardians

EMHLR Development





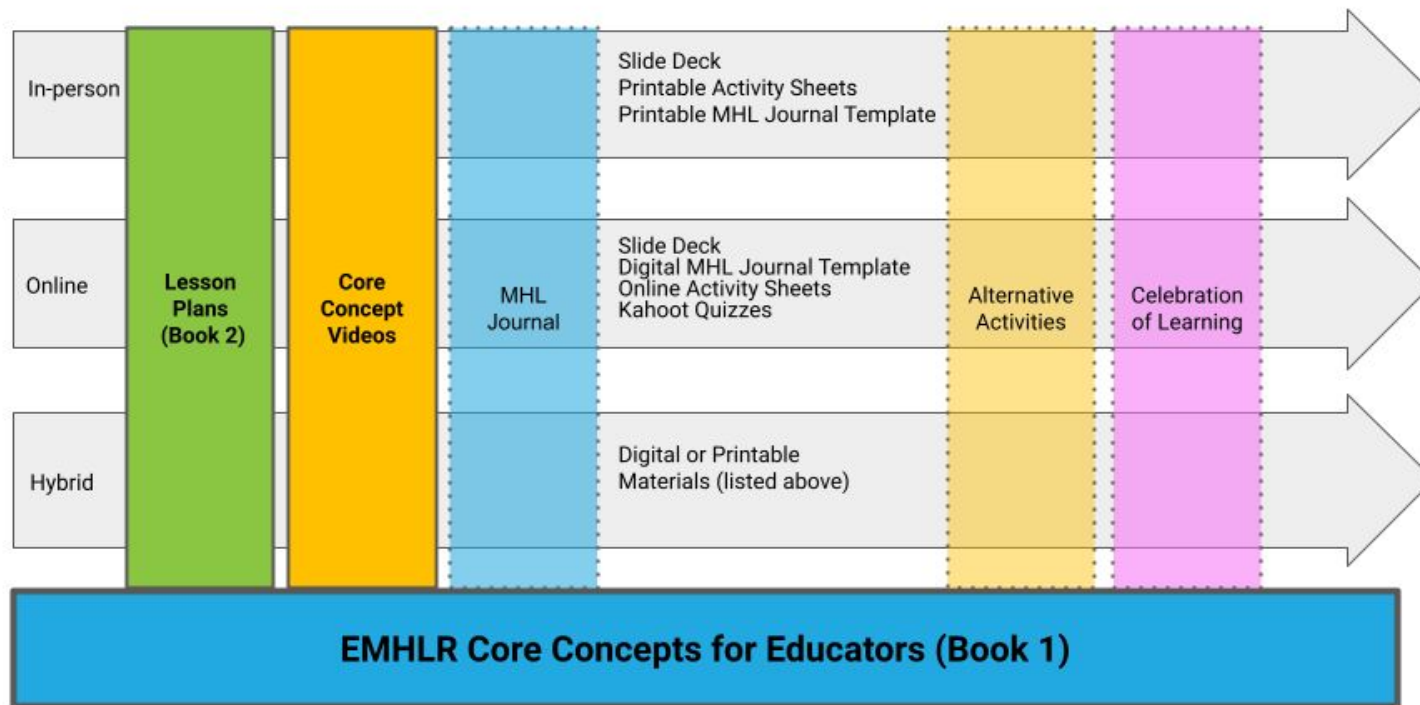
Module Layout (6 Modules Total)



- Purpose
- Conceptual Knowledge
- Procedural Knowledge
- Handle with Care
- Slides
- Video(s) (between 3-6 min long)
- Detailed Lesson Plans (1-3 activities per module)
- Student Activity Sheets (digital & printable)
- Alternative Activities
- MHL Journal (digital & printable)

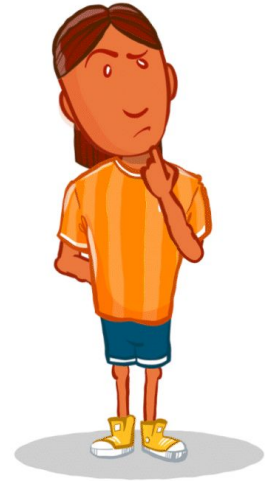
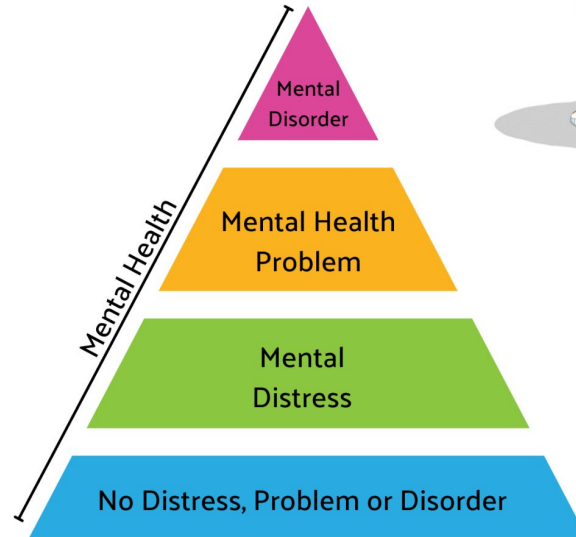
Delivery

 Required Elements
 Optional Elements



Module 1- Understanding Mental Health

- Everyone has mental health
- Mental health has a wide range of states, including no distress, mental distress (aka stress), mental health problems and mental disorders
- Mental health is more than a positive mood
- It is important to use appropriate words to describe our emotions, to regulate and cope



Module 2- The Stigma of Mental Disorders

- Stigma involves negative thoughts, feelings and behaviours towards mental disorders and their treatments
- People with a mental/neurodevelopmental disorder can live a fulfilling life
- Stigma acts as a barrier to people seeking help
- We can all help to reduce stigma around mental disorders by using appropriate words to describe thoughts, feelings and life events



Module 3- Mental Health & the Brain

- The brain changes over time
- Our thoughts, feelings, behaviours and reactions to the environment are linked with the brain
- The brain and the body are connected
- Mental health is a component of overall health



Module 4- Common Mental / Neurodevelopmental Disorders

- All mental disorders reflect difficulties in thoughts, emotions and feelings, daily activities, physical health, behaviours and signalling
- The sooner people receive proper treatment and support, the better the outcome
- Important to distinguish between expected life challenges and having a mental or neurodevelopmental disorder



Module 5- Helping Self & Helping Others

- Everyone has mental health that can be supported and promoted
- There are many ways of seeking help for mental health problems and mental disorders
- Getting help early for yourself and others increases positive mental health outcomes



Module 6- Getting Mentally Healthy

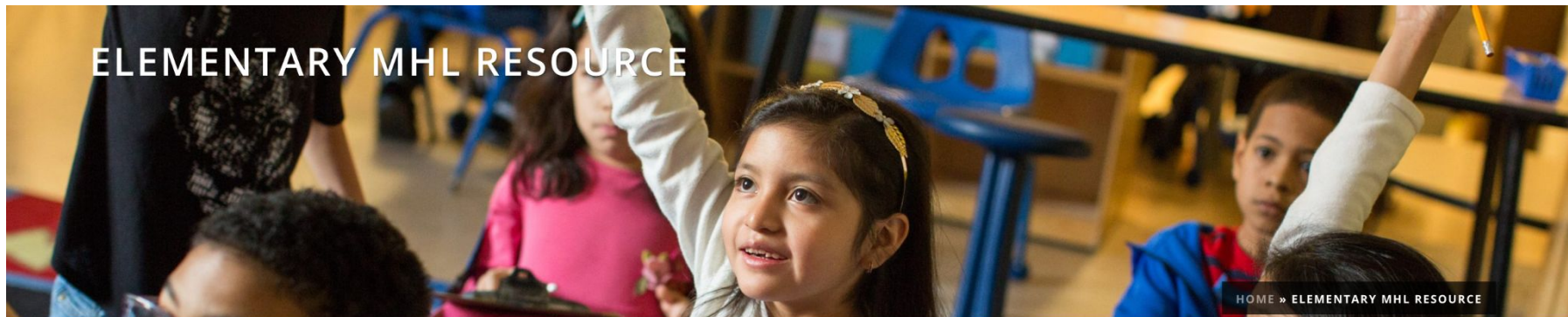
- What is good for physical health is good for mental health
- Coping with stress appropriately will help to build resilience and new skills
- “The Big 5” pillars of health enhance mental health (i.e. restorative sleep, strong social connection, vigorous physical activity, healthy eating and helping others)



Website



Link: <https://mhlcurriculum.org/emhlr/> Pswd: **childh3alth**



The Elementary Mental Health Literacy Resource (EMHLR) is the first of its kind classroom-ready resource designed for classroom teachers* to teach students in grades 4-6 about mental health.

Lesson plans include engaging core concept videos, student activities and options for diverse settings and learners. The EMHLR materials support in-person, online and hybrid model delivery.

*Refers to all facilitators delivering this resource

To assist you with implementing the EMHLR, we have designed **a number of steps** to help guide you through the resource:

Step 1: Download the resource and read through the **Introduction and Background** information, as well as the **6 Modules** to familiarize yourself with the foundational concepts, rationale and components of the EMHLR

Step 2: Read **Book 1: Core Concepts for Educators** prior to teaching the modules

Training Guides and Materials



Download the Resource



Access the Modules



Curricular Alignments



Additional Activities/Resources