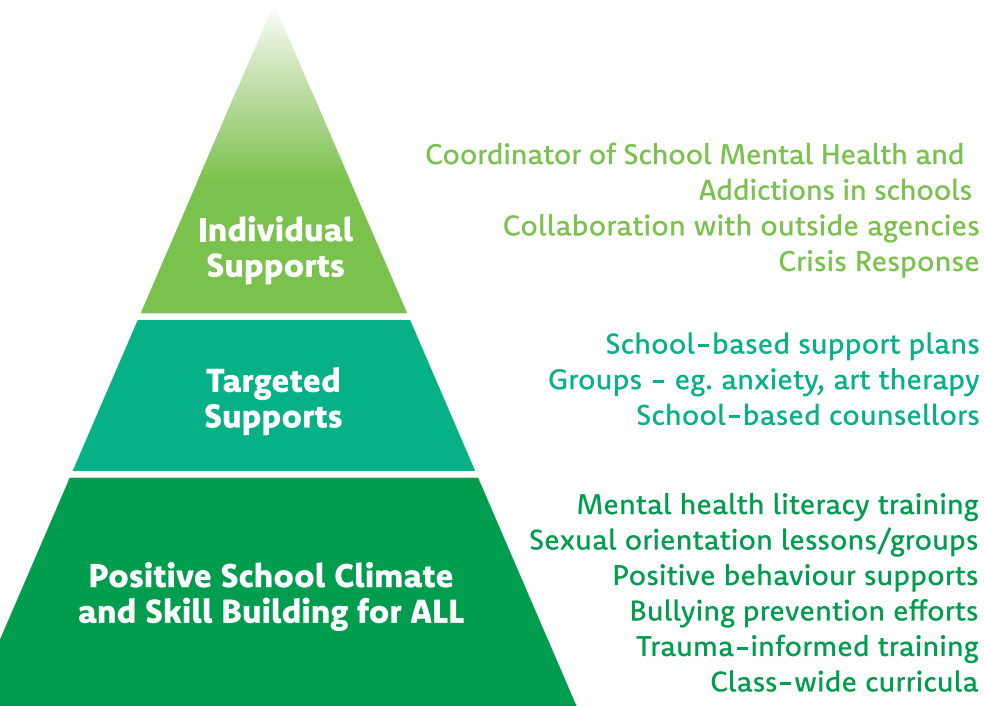


SUPPORTIVE AND INCLUSIVE ENVIRONMENTS

Essential to mental well-being is a feeling of belonging and inclusion. School District 8 has multiple, targeted efforts to promote school and classroom environments that are inclusive for students with diverse backgrounds, gender identities, social-emotional needs, and learning needs.



HAVE MORE QUESTIONS?

Visit our website: sd8.bc.ca
Send us an email: info@sd8.bc.ca

MENTAL FITNESS IS EVERYONE'S BUSINESS

Supporting social and emotional well-being in our learning community

WHAT IS MENTAL FITNESS?

Mental fitness includes everything we do and experience everyday, including understanding our feelings and emotions, managing and building relationships, creating goals, and achieving purpose. Life is naturally full of challenges and stressors. Developing healthy social-emotional skills and a toolbox of strategies can help everyone maintain and enhance their mental fitness.

HOW DOES SCHOOL DISTRICT 8 FOSTER MENTAL FITNESS?

Mental Health Literacy training for school staff



Directly teaching skills and strategies to all students



Mindfulness Programs

Social-emotional Curriculums

Mental Health Curriculum in Secondary Health and Careers

Life Tools



Healthy Boundaries

Mindfulness

Relationship Skills

Coping Strategies

Understanding Emotions

Asking for Help

RESPONDING TO INDIVIDUAL NEEDS

In British Columbia, 1 in 7 youth have a mental illness. Parents, caregivers, extended family and friends all feel the stresses and strains. We are all impacted, whether it is while waiting for a diagnosis, receiving treatment or just trying to get through the day to day. A strong, supportive network is important for all the individuals involved.

What is School District 8 doing?

- Coordinator of School Mental Health & Addictions
- Stigma reduction through mental health literacy
- Collaboration with outside agencies
- Manager of Safe Schools
- Critical Incident Response Teams



How can you get support?

GET INFORMED

- **Teen Mental Health:** teenmentalhealth.org
- **Provincial Resource for Families:** keltymentalhealth.ca
- **Anxiety Resources:** anxietycanada.com
- Attend SD8 Parent Sessions



ASK FOR HELP

- Speak to the school team
- Speak to a physician
- **Kids Help Phone:** 1-800-668-6868
- **Child & Teen Mental Health:** gov.bc.ca/gov/content/health/managing-your-health/mental-health-substance-use/child-teen-mental-health

