



SECONDARY: SOCIAL EMOTIONAL SUPPORTS INVENTORY

AUDIENCE SECONDARY: To be channeled through teachers/counsellors/staffs			
SUPPORT	WHAT IS IS	ACCESSIBLE BY	NOTES
Wellness check to do with students		Sample Gr 7-12 Counsellor	
Stanley Kutcher Teen Mental Health	6 modules addressing mental health literacy for grade 7-12s	http://teenmentalhealth.org/schoolmhl/school-mental-health-literacy/mental-health-high-school-curriculum-guide/about-the-guide/ Password: t33nh3alth	CLC teachers were asked to go through 6 modules with all grade 10 students
Uvic iMinds (critical thinking)	Cross curricular lessons that teach critical thinking skills through dialogue and the art of motivation: related to substances and gambling k-12	https://www.uvic.ca/research/centres/cisur/publications/helping-schools/iminds/index.php	
Kids in the Know	Program to teach SEL and personal safety skills: managing feelings, healthy friendships, online safety, relationships, exploitation prevention	<ul style="list-style-type: none"> • Digital version of lessons • Downloadable books, games, safety sheets, online activities for use at home 	All schools have been using for 3 years Matches PHE curric
PHE Canada SEL	SEL activities to think/feel/act	https://phecanada.ca/activate/phe-home-learning-centre/emotional-well-being-education-activities	1-2 pagers
Province of BC's ERASE Website	Resources for SEL, mental wellbeing, bullying, identity, online safety	https://www2.gov.bc.ca/gov/content/erase	Reporting tool for youth
We Wellbeing Toolkit	-Playbook with activities and fillable sections for kids -Downloadable resources	WE Toolkit https://www.we.org/en-CA/get-doing/activities-and-resources/wellbeing/covid-19-toolkit The basics playbook The whole playbook Daily virtual 20 min lessons	
Tips and tricks for adolescents	How to keep relationships, manages media, drugs during isolation	https://www.cps.ca/uploads/blog_uploads/Tips_and_tricks_adolescence - Ste-Justine - ENGLISH.pdf	
Wide Open Learning Gr 6-12		https://wideopenschool.org/programs/educator/6-12/emotional-well-being	
Discovery : Youth Family Substance Use	for problematic substance use	Discovery	Based in Nanaimo they are experiencing no wait times and lowering intake

			threshold)
BounceBack	Design your very own mood-lifting program! Select workbooks, activities and videos to create your own self-help journey, or work with a trained coach over the phone	https://bouncebackbc.ca/what-is-bounceback-youth/	Ages 15-18
The Foundry BC	VIRTUAL DROP-IN COUNSELLING SESSIONS BY VOICE, VIDEO AND CHAT	Click here	12-24 and their care-givers Free and confidential - Easy to access. No referral or assessment required
Note: Youth clinic at the N.A.C is still open for youth	Support for Birth control, relationships, mental health, identity and more	https://www.islandhealth.ca/our-locations/children-youth-locations/nanaimo-youth-wellness-centre	For youth up to age 25