



HEALTH *and* Wellness Resource Directory *for International Student Programs*





SUPPORTING
DISCUSSIONS
WITH STUDENTS



CRISIS SUPPORT

SOURCE	TITLE/DESCRIPTION	CONTACT	LANGUAGE(S)	AUDIENCE
<p><i>Note: This list of crisis support lines is not exhaustive. Consider what additional supports might be available in your community and region.</i></p>				
	<p>Suicide/ self-harm protocol Keep a copy of your district's/school's self-harm protocol with this document for quick access in an emergency.</p>			<p>Adults</p>
	<p>Black Youth Helpline Provides a helpline for black youth and a contact point for assessment, intervention and other services. Available 6 am to 7 pm daily.</p>	<p>☎ 1-833-294-8650</p>	<p>English French Other languages available on request</p>	<p>All</p>
	<p>310 Mental Health Support Provides confidential, non-judgmental, free mental health and emotional support, 24 hours a day, 7 days a week. Province-wide coverage.</p>	<p>☎ 310-6789 No area code required.</p>	<p>English with interpretive services for 140 languages</p>	<p>All</p>
	<p>Greater Vancouver, Lower Mainland and Sunshine Coast Distress Line Provides confidential, non-judgmental, free mental health and emotional support, 24 hours a day, 7 days a week for people experiencing distress or despair.</p>	<p>☎ 604-872-3311 ☎ 1-866-661-3311</p>	<p>English with interpretive services for 140 languages</p>	<p>All</p>
<p>Kids Help Phone </p>	<p>Kids Help Phone Live support 24/7. Website has mental health resources, including some for newcomers to Canada.</p>	<p>☎ 1-800-668-6868 📱 Text 686868 🌐 Kidshelpphone.ca</p>	<p>English French</p>	<p>Student</p>
	<p>S.U.C.C.E.S.S. Help Line Provides confidential emotional support in Mandarin and Cantonese from 11 am to 8 pm daily.</p>	<p>☎ Mandarin 604-270-8222 ☎ Cantonese 604-270-8233</p>	<p>Mandarin Cantonese</p>	<p>All</p>
	<p>Trans LifeLine's Hotline Provides a peer support phone service run by trans people for trans and questioning peers. Available 24/7. Live operators from 7 am to 2 am daily.</p>	<p>☎ 1-877-330-6366</p>	<p>English Spanish</p>	<p>All</p>

GENERAL

CRISIS SUPPORT					
	SOURCE	TITLE/DESCRIPTION	CONTACT	LANGUAGE(S)	AUDIENCE
GENERAL		YouthInBC Chatline Provides a web-based hotline for BC youth in distress. Live chat and email service is provided between noon and 1 a.m. daily. TTY support 24/7. Note: Phone support provided by 310 Mental Health Support. See page 1.	 Online Chat  youthinbc.com TTY 1-866-872-0113	English	Student
HEALTHY EATING					
GENERAL		Healthy Eating 101 Provides essential healthy eating information and simple tips.	 Website link	English (Requires Gr. 6 Reading Level)	Student
		Canada's Food Guide Snapshot Provides a visual snapshot in 30+ languages, with additional detail in English. It could be used in collaborative discussions with students.	 Website link	English French Spanish Mandarin + 27 other languages	All
		Healthy Eating for Teens Provides healthy eating tips for teens.	 Website link	English French (Requires Gr. 6 Reading Level)	Student
Note: Also see the Body Image and Eating sections of this document for related resources.					
MENTAL HEALTH					
GENERAL		Supporting Student Health: Secondary - Key Topics and Notes for Instruction Provides classroom practices that support student mental health.	 Website link	English	Adult
		Talking to Teens about Mental Health Includes how to talk to teens about mental health, key messages and warning signs.	 Website link	English French	Adult
		One-Call Desk Reference Provides educators and other adults clear guidance on how to support a student when they show signs of an emotional or behavioural problem.	 Website link	English	Adult















MENTAL HEALTH

	SOURCE	TITLE/DESCRIPTION	CONTACT	LANGUAGE(S)	AUDIENCE
ANXIETY		MindShift™ App An app with Cognitive Behavioural Therapy (CBT) based tools and strategies that help students reorient their thinking and make lasting positive change. Includes quick-relief calming techniques.	 Website link	English (Requires Gr. 7 Reading Level)	All
		My Anxiety Plan for Children & Teens A flexible and free online course for parents and caregivers. Includes many practical strategies to help students manage their anxiety.	 Website link	English	Adult
		What is Anxiety? Explores how stress and anxiety are different, dealing with stress, and self-care.	 Website link	English (Requires Gr. 5 Reading Level)	All
		Anxiety in Children and Youth Provides the signs and symptoms of anxiety in children and youth, treatment strategies and tips.	 Website link	English	Adult
		Anxiety, Panic and Phobias Provides an overview of anxiety, symptoms and treatment strategies in many languages, along with a video in English.	 Website link	English Mandarin Japanese Farsi Spanish Urdu	All
BODY IMAGE		Supporting Student Health: Secondary - Key Topics and Notes for Instruction Provides classroom instructional strategies for body image.	 Website link	English	Adult
		Jessie's Legacy: Eating Disorders Prevention and Awareness Includes a body image and self-esteem fact sheet.	 Website link	English (Requires Gr. 8 Reading Level)	Student
		Body Image & Eating Provides essential information, signs and symptoms, self-assessment and ways to take action.	 Website link	English (Requires Gr. 6 Reading Level)	Student











MENTAL HEALTH

	SOURCE	TITLE/DESCRIPTION	CONTACT	LANGUAGE(S)	AUDIENCE
BODY IMAGE		<p>Body Image, Self-Esteem and Mental Health</p> <p>Discusses how body image, mental health and self-esteem are linked and encourages a healthier body image. Provides self-esteem quiz and links to additional resources.</p>	 Website link	English (Requires Gr. 9 Reading Level)	All
	<p>Note: Also see the Eating Disorders and Healthy Eating sections of this document for related resources.</p>				
DEPRESSION/LOW MOOD		<p>BounceBack® Skill-building program</p> <p>A free skill-building program to help manage low mood, mild to moderate depression, anxiety, stress or worry. Delivered online in English or by phone/video in multiple languages. For those 15 years or older and connected to a primary care provider or psychiatrist.</p>	 Website link	English, French, Mandarin, Cantonese, Punjabi, Arabic	15 years & up
		<p>Helping Your Child or Youth with Depression</p> <p>A parent resource that helps differentiate between sadness and depression. Provides symptoms and causes of depression and treatment options/strategies. (6 pages)</p>	 Website link	English	Adult
		<p>Depression and Low Mood</p> <p>Provides signs and symptoms, self-assessment, tips, apps, tools, and ways to get support. Differentiates between low mood and depression.</p>	 Website link	English (Requires Gr. 6 Reading Level)	All
		<p>What Is Depression?</p> <p>Explains the signs of depression, differences between depression and sadness, and a wide range of treatment options. It also includes information on grief.</p>	 Website link	English (Requires Gr. 5 Reading Level)	All
		<p>Dealing with Depression Online</p> <p>An interactive workbook for teens that explains depression and teaches skills to deal with low mood and depression.</p>	 Website link	English (Requires Gr. 5 Reading Level)	Student



MENTAL HEALTH

	SOURCE	TITLE/DESCRIPTION	CONTACT	LANGUAGE(S)	AUDIENCE
EATING DISORDERS		Understanding Eating Disorders in BC Schools: A Guide of Trauma-Informed Practices for School Professionals A comprehensive guide to eating disorders for BC schools. Includes prevention, identification and intervention protocols at school and how to support recovery. (32 pages)	 Website link	English	Adult
		Guidelines for School Staff: Helping a Student with a Suspected Eating Disorder Provides signs and symptoms, advice on how to talk to the student and their family, referral process and additional resources.	 Website link	English	Adult
		Eating Disorders: Cultural and Social Factors Makes connections between eating disorders, culture and family dynamics.	 Website link	English	Adult
		Kelty Mental Health Eating Disorders Multi-language Materials Provides an overview, meal-support booklets and a 35-minute video.	 Website link	English French + 4 other Languages	All
		Treatment in BC 101 Provides information on eating disorder treatment in BC.	 Website link	English	Adult
		A Parents' and Caregivers' Guide to Supporting Youth with Eating Disorders Provides an overview of different types of eating disorders, what to look for, how to start conversations about eating disorders with youth and treatment options.	 Website link	English	Adult
<i>Note: Also see the Body Image and Healthy Eating sections of this document for related resources.</i>					
SELF-HARM		Non-Suicidal Self- Injury Parent Information Provides Information about self-harm for parents and guidelines on how to speak to their children.	 Website link	English Mandarin Vietnamese + 9 other Languages	Adult

MENTAL HEALTH

	SOURCE	TITLE/DESCRIPTION	CONTACT	LANGUAGE(S)	AUDIENCE
SELF-HARM	 The Cornell Research Program on Self-Injury and Recovery	Self-Injury Infographic An infographic that provides a quick visual overview for staff. Includes: who is at risk, why people self-harm, mental health links, dangers, and prevention.	 Website link	English	Adult
	 The Cornell Research Program on Self-Injury and Recovery	Non-Suicidal Self-Injury in Schools: Developing & Implementing School Protocol Provides an overview of best practices for detecting and responding to self-injury in secondary schools	 Website link	English	Adult
	 heretohelp Mental health and substance use information you can trust	Self-harm Info Sheet Includes what self-harm is, why people do it, what you can do about it, and how to know if someone else is self-harming.	 Website link	English (Requires Gr. 9 Reading Level)	All
	 kelty mental health resource centre	Self-injury Provides an excellent introduction to self-harm, including reasons, risk factors, links to other mental health challenges, treatment options, and managing the risk. Provides links to other resources such as a podcast for caregivers and an app to help resist the urge to self-harm.	 Website link	English	Adult
	 SiOS Self-injury Outreach & Support	Self-injury – A Guide for School Professionals Provides essential information for schools about self-harm. It also includes guidance on referrals and developing a self-harm protocol.	 Website link	English	Adult


PHYSICAL ACTIVITY

GENERAL	 CSEP SCPE	Canadian 24-Hour Movement Guidelines for Children & Youth 5-17 years These guidelines provide recommendations for physical activity, sleep, sedentary behaviour and recreational screen time for youth aged 5-17	 Website link	English	Adult
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PHYSICAL ACTIVITY

IDEAS FOR BEING ACTIVE	SOURCE	TITLE/DESCRIPTION	CONTACT	LANGUAGE(S)	AUDIENCE
		<p>Physical Activity Counselling Toolkit Provides handouts on different physical activity topics, including setting goals for physical activity, making a physical activity plan and healthy weight.</p>	 Website link	<p>English French Spanish Mandarin Korean Punjabi</p>	<p>All</p>
		<p>Choosing Activities that Are Right for You Provides suggestions for physical activity based on preferences/ a series of questions. It could be used to work with teens on increasing their physical activity levels.</p>	 Website link	<p>English</p>	<p>Adult</p>
		<p>Physical Activity Tips for Youth (12-17) Provides activity guidelines and tips on being more active. It could be used in group discussions.</p>	 Website link	<p>English (Requires Gr. 10 Reading Level)</p>	<p>All</p>

HEALTHY RELATIONSHIPS

GENERAL					
		<p>Relationships Includes sections on peer pressure, dating, social connections, and managing relationships with friends and family.</p>	 Website link	<p>English (Requires Gr. 8 Reading Level)</p>	<p>Student</p>
		<p>Sexual Wellness Provides accurate sexual health information.</p>	 Website link	<p>English (Requires Gr. 9 Reading Level)</p>	<p>Student</p>
		<p>Talking to Your Kids about Pornography Guides adults on talking to youth about pornography. Useful for homestay parents and program staff.</p>	 Website link	<p>English</p>	<p>Adult</p>
		<p>TeenTalk: Relationships Includes healthy relationships, healthy boundaries and healthy breakups. Additional information for males.</p>	 Website link	<p>English (Requires Gr. 9 Reading Level)</p>	<p>Student</p>

LIFE BALANCE

GENERAL	SOURCE	TITLE/DESCRIPTION	CONTACT	LANGUAGE(S)	AUDIENCE
		<p>Finding Balance As written, it focuses on working adults but could be adapted as a lesson plan for use with students. Includes overview, why it matters, tips and self-assessment.</p>	<p> Website link</p>	<p>English (Requires Gr. 7 Reading Level)</p>	<p>All</p>

RESILIENCE

GENERAL					
		<p>Brains: Journey to Resilience Provides a humorous introduction to resilience. (video, 7 minutes)</p>	<p> Website link</p>	<p>English</p>	<p>All</p>
		<p>Essential Study Skills: Resilience Interactive 3-module course focused on increasing students' resilience. Includes tips, videos, learning activities, and tools.</p>	<p> Website link</p>	<p>English (Requires Gr. 9 Reading Level)</p>	<p>Student</p>
		<p>Resilience Guide for Parents and Teachers Provides ten meaningful tips for building resilience in children and youth, with specific guidance for secondary students.</p>	<p> Website link</p>	<p>English</p>	<p>Adult</p>
		<p>Resilience: Bouncing Back Explains the importance of resilience, simple ways to assess resilience, and strategies to bolster.</p>	<p> Website link</p>	<p>English (Requires Gr. 6 Reading Level)</p>	<p>All</p>

SEXUAL ORIENTATION & GENDER IDENTITY (SOGI)







SOURCE	TITLE/DESCRIPTION	CONTACT	LANGUAGE(S)	AUDIENCE
	<p>Supporting Transgender and Transsexual Students in K-12 Schools: A Guide for Educators Includes extensive information on understanding gender identity, supporting transgender and transsexual students. It highlights the risks they face and provides a checklist for creating a supportive school environment. (68 pages)</p>	<p> Website link</p>	<p>English</p>	<p>Adult</p>
	<p>Gender and Sexual Orientation Provides a brief overview of sexual orientation and gender identity, emphasizing acceptance of self and others.</p>	<p> Website link</p>	<p>English (Requires Gr. 10 Reading Level)</p>	<p>Student</p>
	<p>Questions & Answers for Parents & Caregivers of Gay & Lesbian Youth A 20-page booklet that dispels myths encourages support and explains Canadian rights and perspectives on gay and lesbian people. Note: Somewhat dated (2007).</p>	<p> Website link (scroll down)</p>	<p>English Korean Japanese Mandarin</p>	<p>Adult</p>
	<p>SOGI123 Provides a SOGI educator resource guide in English and corresponding parent information in a variety of languages.</p>	<p> Website link</p>	<p>English Mandarin Korean + 7 other languages</p>	<p>Adult</p>
	<p>SOGI Team/Committee Your district's/school's SOGI lead/team can provide information on the tools, resources and supports used in your district/school to support 2SLGBTQ+ students.</p>		<p>English</p>	<p>Adult</p>
	<p>Questions & Answers for Parents & Caregivers of Transgender and Gender Diverse Youth This 20-page booklet provides parents with guidance on talking to and supporting their child, causes, common questions and a glossary.</p>	<p> Website link (scroll down)</p>	<p>English Mandarin Punjabi French</p>	<p>Adult</p>

GENERAL

SLEEP

	SOURCE	TITLE/DESCRIPTION	CONTACT	LANGUAGE(S)	AUDIENCE
GENERAL	 Public Health Agency of Canada	Are Canadian Children Getting Enough Sleep Infographic showing sleep guidelines, sleep quality and link to mental health problems. It could be used as a discussion starter.	 Website link	English (Requires Gr. 7 Reading Level)	Student
		Essential Study Skills: Sleep An interactive online module that teaches strategies for promoting and maintaining healthy sleep habits.	 Website link	English (Requires Gr. 9 Reading Level)	Student
		Sleep Includes sleep problems, myths, links to screen time, strategies, tips and tools.	 Website link	English (Requires Gr. 6 Reading Level)	Student
SLEEP STRATEGIES		Getting a Good Night's Sleep Includes guidelines, links to mental health, tips and a sleep skills diary.	 Website link	English (Requires Gr. 8 Reading Level)	All



STRESS

GENERAL		Supporting Student Health: Secondary - Key Topics and Notes for Instruction Provides classroom instructional strategies for stress.	 Website link	English	Adult
		Stress Includes basic information, signs and symptoms, self-assessment, tips and stress management apps and tools.	 Website link	English (Requires Gr. 6 Reading Level)	Student
		Stress in Children and Teenagers Includes signs and symptoms by age-range, creating a low-stress environment and helping youth develop healthy coping skills.	 Website link	English	Adult
		Stress Lessons: Tools for Resiliency (Grades 9-12) The resource includes five curriculum-linked stress lessons (\$25). A helpful stress decision tree is also available (free).	 Website link	English	All

STRESS

GENERAL	SOURCE	TITLE/DESCRIPTION	CONTACT	LANGUAGE(S)	AUDIENCE
	  	<p>Virtual Field Trip – Stress Management and Coping <i>Provides a lesson plan and video for secondary students to help develop stress management and healthy coping skills.</i></p>	 Website link	English French	Student
		<p>How Not to Bubble Wrap Kids: Learning How to Use Daily Stress to Develop Resilience <i>This resource highlights that stress can provide growth opportunities. It could be used to build a lesson plan around stress.</i></p>	 Website link	English	Adult
		<p>Understanding Stress video <i>Video overview of stress. Slow the playback speed for those with limited English skills. (4 minutes)</i></p>	 Website link	English	Student
		<p>A Practical Guide: Stress and Stress Management <i>This booklet includes recognizing the sources of stress and when stress is becoming a problem. It also provides stress management tools and the benefits of relaxation. (Find the stress series booklets on pages 4 & 5 of the list of documents)</i></p>	 Website link	English Arabic Cantonese Farsi German Greek Italian Mandarin Spanish Vietnamese	All

TECHNOLOGY & HEALTH

GENERAL	SOURCE	TITLE/DESCRIPTION	CONTACT	LANGUAGE(S)	AUDIENCE
	 PSYCHOLOGY CANADA	<p>Managing Screen Time <i>Tips for parents/homestay parents on managing the screen time of children and youth.</i></p>	 Website link	English	Adult

TECHNOLOGY & HEALTH

	SOURCE	TITLE/DESCRIPTION	CONTACT	LANGUAGE(S)	AUDIENCE
GAMING		Screen Time and Children: How to Guide Your Child Tips for parents/homestay parents, including setting limits for youth and older children.	 Website link	English	Adult
		The Concerns About Video Games Explains the key issues around video games: excessive playing, violence, gender and racial stereotyping.	 Website link	English	Adult
		Managing Video Game Playing in the Home - Tip Sheet Provides tips for managing video game playing.	 Website link	English	Adult
ONLINE SAFETY & CYBERBULLYING		erase Online Safety Explains cyberbullying and sextortion. Provides guidelines for online behaviour and what to do if you are a victim of cyberbullying/sextortion. Caregiver/parent information is also provided.	 Website link	English (Requires Gr. 8 Reading Level)	All
		Supporting Student Health: Secondary - Key Topics and Notes for Instruction Provides classroom instructional strategies for online safety.	 Website link	English	Adult
		Online Safety Includes online safety basics, staying safe on social media, what can be unsafe online, and tools and apps to hone online safety skills.	 Website link	English (Requires Gr. 5 Reading Level)	Student
		Internet Safety Tips by Age: 14-17 Age-appropriate guidance on what to expect and safety tips. Touches on gambling, pornography, sexual and other exploitation.	 Website link	English	Adult

TECHNOLOGY & HEALTH

	SOURCE	TITLE/DESCRIPTION	CONTACT	LANGUAGE(S)	AUDIENCE
ONLINE SAFETY & CYBERBULLYING		Respecting Yourself & Others Online Workshop Workshop materials include a downloadable slide deck and facilitator's guide. The workshop can be facilitated by a student or teacher and is appropriate for students with limited English skills.	 <u>Website link</u>	English (Requires Gr. 5 Reading Level)	Student
		Project Shift: Creating a Safer Digital World for Young Women A Guide for Trusted Adults Provides tips and tools for supporting online safety for girls. Includes advice on how to handle complex online issues.	 <u>Website link</u>	English	Adult
SOCIAL MEDIA		erase Social Media Guidelines Resource Contains student behaviour guidelines. Suitable for an interactive discussion.	 <u>Website link</u>	English (Requires Gr. 12 Reading Level)	All
		Social Media Safety for Teens This one-page checklist provides straightforward tips that help students be safe online.	 <u>Website link</u>	English (Requires Gr. 7 Reading Level)	All
		Think Before You Send A one-page poster that encourages students to think carefully before they share sexual pictures.	 <u>Website link</u>	English (Requires Gr. 9 Reading Level)	All
TIME MANAGEMENT					
GENERAL		Essential Study Skills: Time Management An interactive time management course that includes tips, videos, learning activities, and tools.	 <u>Website link</u>	English (Requires Gr. 6 Reading Level)	Student
		Time Management Video with practical time management tips for students. The key points are on the slides as well as spoken. Slow the playback speed for those with limited English.	 <u>Website link</u> (Video: 6 minutes)	English (Requires Gr. 6 Reading Level)	Student

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