
Mental Health Supports and Services

The following tools and resources are intended to support school and school authorities in meeting the mental health needs of children, students and school communities.

Universal Supports: Supports and services incorporated into the inclusive learning environment for **all** learners, including but not limited to quality instruction and providing welcoming, caring, respectful and safe and respectful learning environments

Resources:

- [*The Heart of Recovery: Creating supportive school environments following a natural disaster \(Le coeur du rétablissement\)*](#)
- [*Working Together to Support Mental Health in Alberta Schools \(Travailler ensemble pour soutenir la santé mentale dans les écoles de l'Alberta\)*](#)
- [Government of Alberta K – 12 Instructional Supports](#)
- [Government of Alberta: Children's Mental Health](#)
- [Alberta Health Services: Information for Teachers](#)
- [Alberta Health Services: Healthy Together](#)
- [Mental Health Online Resources for Educators \(MORE\)](#)
- [Mental Health Literacy](#)
- [Joint Consortium for School Health](#)
- [Student Learning Hub – Mental Health and Well-being](#)
- [Supporting Learning at Home](#)
- [Schools Healthier Together](#)

Training:

- [Alberta Family Wellness Initiative: Brain Story Certification](#)
- [Community Mental Health Action Plan](#)
- [Psychological First Aid](#)
- [Skills for Psychological Recovery](#)
- [Respect in the Workplace](#)
- [Respect in Schools](#)

Targeted Supports: Supports and services for **some**, who are identified through an early identification or assessment process, as requiring something beyond universal supports. This may include further developing foundational knowledge, skills and understandings or increasing protective factors for children and their families. Targeted supports are more unique to the specific learners than universal supports.

Resources:

- [Pathways to Hope: Best practices in suicide prevention for Alberta schools \(Sur les voies de l'espoir : pratiques exemplaires en matière de prévention du suicide dans les écoles de l'Alberta\)](#) provides a synthesis of current research and evidence-informed strategies for developing a comprehensive school-based suicide prevention and intervention strategy.
- [COVID-19 info for Albertans](#) provides mental health and psychosocial supports specific to the pandemic.
- [Jack.org The Alberta COVID-19 Youth Mental Health Resource Hub](#) is a hub of relevant resources to help youth take care of themselves and look out for the people they care for during this challenging time.

Training:

- [Alberta Health Services Community Helpers Program](#) provides training to strengthen students natural helping abilities. Helpers learn a variety of topics and skills including self-care, coping with stress, knowing when to refer people to professional services and handling crisis situations. Helpers are also introduced to community services and professional supports.
- [Cognitive Behavioural Intervention for Trauma in Schools](#) is a school-based group and individual intervention designed to reduce symptoms of post-traumatic stress disorder (PTSD), depression, and behavioral problems, and to improve functioning, grades and attendance, peer and parent support and coping skills.

Services:

- [Togetherall](#) is a clinically moderated, online peer to peer mental health community that empowers individuals to anonymously seek and provide support 24/7. Togetherall is free to all Albertans aged 16+.
- [BounceBack](#) (Canadian Mental Health Association) is a program designed to help adults and youth 15+ manage low mood, mild to moderate depression, anxiety, stress or worry.
- [Recovery \(and Discovery\) College](#) (Canadian Mental Health Association) provides learning centers for youth focused on mental health and well-being.

- [Alberta Mentoring Partnership \(AMP\)](#) supports schools, community organizations and mentoring agencies to meet the needs of children and youth, through building capacity, resources and sharing of best practices and research, enabling implementation of strategies to ensure children and youth who need a mentor have access to one.
- [Provincial Family Resource Networks](#) (FRNs) deliver high quality prevention and early intervention services and supports for children aged 0 to 18. Through a ‘hub and spoke’ model of service delivery, networks (hubs) coordinate the prevention and early intervention services in all geographic areas and in various cultural communities across the province – either directly or through collaborative partnerships with qualified service agencies or providers (spokes).

Individualized: Supports and services designed for individual learners to address specific areas for growth, barriers and/or personal circumstances that may be impacting the ability of individual learners to participate in and/or benefit from learning opportunities. They are intended for **fewer** individuals with more severe or pervasive challenges that require changes to supports and services beyond the universal and targeted supports provided.

Individualized supports are more intense and may require comprehensive wraparound plans that include access to specialized supports and service providers, partners or training. Supporting pathways to, through and from these services ensures barrier-free access.

Resources:

- Alberta Health Services’ [Help in Tough Times](#) provides links to supports and services, including addiction and mental health, available to Albertans.
- [Mental Health Supports – Métis Nation of Alberta](#) provides resources in navigating mental health supports.

Services:

- [Kids Help Phone/French Kids Help Phone](#) (1-800-668-6868) provides free, confidential 24 hours, 7 days a week service for children, youth and young adults. Services include professional counselling by phone, and volunteer-led information and crisis support via phone, text or chat.
- [211 Alberta](#) provides information, including support via phone, text, chat and website referrals and addiction and mental health referrals and resources. Professionally trained specialists are available by texting INFO to 211, live chat through the website, ab.211.ca or calling 2-1-1.
- [The Canada Suicide Prevention Service](#) offers a 24/7 helpline for people thinking about or affected by suicide via phone, text or chat (1-833-456-4566).
- The Alberta [Crisis Text Line](#) is a service, available 24 hours, 7 days a week, that offers information, referrals and volunteer-led, text based support for Albertans of all ages, by texting CONNECT to 741741.

- The [Mental Health Helpline](#) (1-877-303-2642)/French Mental Health Helpline (1-800-567-9699) and [Addiction Helpline](#) (1-866-332-2322) is a 24 hours, 7 days a week confidential service that provides support, information and referrals to Albertans experiencing mental health concerns.
- Alberta Health Services provides a number of [virtual addiction and mental health](#) services and supports free to Albertans.
- Indigenous students and staff may wish to contact the toll-free [Hope for Wellness Help Line](#) at 1-855-242-3310 or the online chat at [hopeforwellness.ca](#) (open 24 hours a day, 7 days a week). This line offers immediate mental health counselling and crisis intervention to all Indigenous peoples across Canada in Cree, Ojibwe and Inuktitut.
- [Jordan's Principle](#) supports First nations children access to, but not limited to, mental health supports and services.
- [Child Advocacy Centres \(CAC\)](#) build capacity in school authority staff in the central Alberta region to recognize the signs of child abuse, understand their role in reporting child abuse and how to support victims of child abuse.