

May Mental Health and Wellness Theme:

Mental Health Awareness

Canadian Mental Health Association Mental Health Week is May 1-7. Their theme is “My Story”. “This year’s Mental Health Week will amplify some of the voices and spaces within which mental health exists across Canada, especially at the community level through non-profit agencies and programs”. For more information [CLICK HERE](#).

Continue with Canadian Mental Health Association

- [CLICK HERE](#) for easy access for Toolkits:
 - Understanding Mental Health
 - Key here Messages
 - Sharing your Story

Did you know that Saskatchewan has a program called **C.A.R.E** (Caregiver Affected Recovery Program)? [CLICK HERE](#) to check it out

For a vast array of supports check out “**50 Resources to Support the Mental Health of Teachers and Staff**” [CLICK HERE](#)

- Resource list includes suggestions for:
 - Mental Health Apps
 - Mental Health Groups and Organizations
 - Mental Health Websites and Online Content
 - So much more!

Reachout is another good resource. Check out Teacher Well-being by [CLICKING HERE](#).

- Tips for Teacher Well-being
- Teacher Self Care Quizzes
- How to facilitate and manage Teacher burnout
- Many more helpful tips

Remember you are not alone! Mental Health is a part of everyone and we all need a little help sometimes.

“If you’re feeling tired and disengaged, there’s a good chance it’s related to trauma, secondary traumatic stress, and/or “battle fatigue.” Teachers are often focused on taking care of and supporting others, but without prioritizing your wellbeing, those stress levels

won't lift. Your mental health isn't only important to you—teacher wellness is also linked to stability in schools and student achievement. [3]" **Read more from Teachers: Protecting Your Mental Health** by [CLICKING HERE](#)