

NEW WEB-BASED RESOURCE!
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Everyday Mental Health Classroom Resource

A free, online, evergreen K-8 resource co-developed by ETFO members and School Mental Health ASSIST. Everyday mental health is based in social and emotional learning (SEL) research.

Explore these easy to use strategies to improve everyday mental health with your students. If you are looking for ways to address the social and emotional learning skills of your students, visit the website to find out how!

Visit smh-assist.ca/emhc for strategies grounded in evidence-based practice.

- **Stress Management and Coping Skills**
- **Emotion Identification Skills**
- **Positive Motivation Skills**
- **Self Confidence and Identity Skills**
- **Executive Functioning Skills**
- **Relationship Skills**



Elementary Teachers' Federation of Ontario
Fédération des enseignantes et des enseignants de l'élémentaire de l'Ontario
136 Isabella St Toronto ON M4Y 0B5
Telephone: 416-962-3836 Toll Free: 1-888-838-3836
Fax: 416-642-2424
etfo.ca

