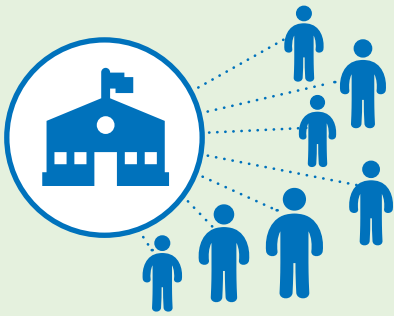


Mental health in our schools

Mental health and wellness are part of Alberta's provincial curriculum.

Our Division collaborates with families and community and healthcare partners to create and maintain a culture of wellness in schools.

Every single one of our students receives mental health supports at school, whether it's learning about healthy relationships or being referred for specialized supports.

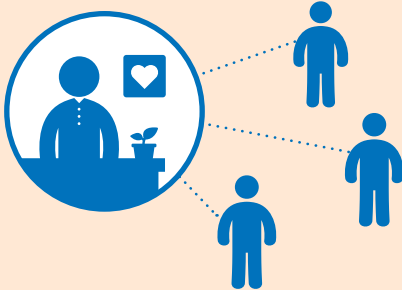


Mental health supports for all students

Students learn about mental health and wellness and receive support in traditional classrooms and groups.

Students learn about:

- healthy relationships
- recognizing personal strengths and challenges
- social, emotional and physical connection to mental health

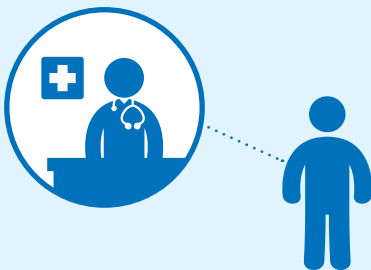


Targeted supports for students with additional needs

Students are supported in small groups or one-on-one through a school counsellor, community partners or a central team (includes social workers, psychologists, mental health consultants, school family liaisons and intercultural consultants).

Students learn about:

- specific strengths and challenges
- strategies to manage and regulate their emotions
- practicing mindfulness



Individualized supports for students with complex mental health needs

Students and families are supported by a team of education and healthcare professionals in a clinical setting or in one of our specialized programs (in school).

Students have access to:

- one-on-one therapy
- adapted education that meets their needs
- mental health transition team: to assist with transitions between a school and clinical setting

Contact your child's teacher or principal to learn more or to discuss your child's mental health. To learn more about our approach to mental health in schools, visit [epsb.ca](https://www.edmontonpublicschools.ca).