



## Resource Brief

### Mental Health & High School Curriculum Guide

**Website:**

[www.teenmentalhealth.org](http://www.teenmentalhealth.org)

**USA edition:**

<http://teenmentalhealth.org/product/mental-health-high-school-curriculum-guide-washington-state-edits-online-version-full/>

**Grade Level:**

High School

**Time:**

- Six modules, sequential
- 8 to 12 hours total

**Cost:**

- Free curriculum download
- \$40 for hard copy
- Variable cost educator training

**Additional supports:**

- Curriculum contains comprehensive teaching notes
- Educator training available in person training or on-line modules at:  
<https://www.teachmentalhealth.org/>

### Summary

The Mental Health and High School Curriculum Guide was developed to enhance mental health literacy of students, specifically:

- understanding how to optimize and maintain good mental health,
- understanding mental disorders and their treatments,
- decreasing stigma, and
- increasing health-seeking efficacy.

It provides six modules, designed to be taught in sequence:

- The stigma of mental illness
- Understanding mental health and mental illness
- Information on specific mental illnesses
- Experiences of mental illness
- Seeking help and finding support
- The importance of positive mental health

### Considerations

The Mental Health and High School Curriculum Guide was originally developed for use in Canadian classrooms. The USA edition of the curriculum guide has been revised to be more appropriate for use with students in the United States; it was created specifically for Washington State.

While statistics between the two countries are similar, our systems of care are different. Be aware when exploring/selecting other resources from [www.teenmentalhealth.org](http://www.teenmentalhealth.org) that some may not be relevant for use in New York State. For example, there is a well-crafted graphic that illustrates the process for seeking help but given the differences in systems of care between Canada and the US, it isn't exactly reflective of what a person in NYS may experience. In addition, some of the resources provided are specific to Canada or Washington State.