



Resources for Mental Health Education Curriculum

Program Name	Grade Level	Cost	Summary/Key Concepts
PATHS	PreK-6	varies	social-emotional learning, use of storytelling, role-playing activities, and video presentations
Red Flags National	K-8	\$300	mental health literacy, video-based curriculum, supporting materials for parents and caregivers
The Compassion Project	2-4	Free	multimedia SEL curriculum, resiliency, self-care, empathy, teamwork, mindfulness
Odysseyware	3-12	Varies	web-based SEL and mental health literacy curriculum, topics include anger management, motivation, black and white thinking, available in Spanish
Erika's Lighthouse	6-12	Free	teen depression, stories of lived experience, teen-led awareness campaign, caregiver resources
MindGame	6-12	\$99	documentary, story of lived experience (athlete), recovery, culture, discussion guide
NAMI Ending the Silence	6-12	Free	mental health literacy presentation, stories of lived experience, recovery
Friend2Friend	9-12	Varies	on-line game-based simulation (virtual role play), mental health literacy, suicide prevention
Mental Health HS Curriculum Guide	9-12	Free	mental health literacy, includes supplemental resources and activities

For a more extensive list of Social Emotional Learning Programs, visit the Collaborative for Academic Social and Emotional Learning (CASEL) at www.casel.org; see links below for Program Guides.

[CASEL Guide: Preschool and Elementary Edition](#)

[CASEL Guide: Middle and High School Edition](#)

****Please check back often as we are always adding more resources.*