



## ABOUT MENTAL HEALTH LITERACY

Mental health awareness is growing, yet awareness is not enough. Accurate mental health information needs to be in the hands of youth and those who support them to intervene early. Adolescence is a key time to build understanding, develop skills and attitudes. It is also when many mental disorders can first be detected.

Mental health literacy is part of health literacy and includes improving mental health knowledge, reducing stigma, empowering help seeking and building positive mental health.

With better mental health literacy, we learn how to take better care of ourselves, our loved ones and our communities. We gain the skills to build better lives, responsive systems of care and a healthier society.

## WE CAN ALL PLAY A PART

Research studies around the world show that using these resources to improve mental health literacy has a positive impact on students, educators, pre-service educators and parents. Still, stigma prevents many people from seeking help. Teachers, parents and community members all play a role in supporting youth and each other by increasing our mental health literacy.

## FREE TOOLS & RESOURCES

[MIDDLE/HIGH SCHOOL MENTAL HEALTH LITERACY RESOURCE](#)



[ELEMENTARY MENTAL HEALTH LITERACY RESOURCE](#)

[LEARN MHL: ONLINE MODULES FOR EDUCATORS, PARENTS, PUBLIC](#)



[TRANSITIONS RESOURCE FOR NEW POST-SECONDARY STUDENTS](#)

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