

# BACK-TO-SCHOOL MENTAL HEALTH TOOL KIT

CREATED BY THE UNSINKABLE COMMUNITY

SPOTLIGHTING SUPPORTS AVAILABLE  
FOR YOUTH & FAMILIES AS THEY  
NAVIGATE THE BACK-TO-SCHOOL SEASON

CONNECT WITH UNSINKABLE



# EVERYDAY TIPS

## TIPS FROM THE UNSINKABLE COMMUNITY

### TIPS FOR GETTING BACK INTO ROUTINE

Make a plan to prioritize nightly sleep and cut down on daytime naps

- **Slow transition** back into a routine. Jumping straight back into it can be hard to maintain, especially when you're not used to it.
- Establish **one routine at a time**, rather than going straight into a fully structured day. Start with committing to bedtime, then a wake-up routine, then later work up to a full morning routine.
- **Be kind to yourself!**
- Take **frequent breaks** from studying and work for the first few weeks.
- Pack your bag and pick out clothes the night before, **plan** a breakfast you look forward to eating
- Stock up on **healthy** (or moderately healthy) grab-and-go snacks.
- Make sure to **move your body** and get enough exercise
- Put your phone away in class and **use screen blocking technology** to remove distractions

Seek out social and/or professional support when needed

### DOs and DONTs OF NAVIGATING TRANSITION

- Set **goals** you can reach
- Write your top 2-3 goals for the areas that are important to you (sports, academic, social, health). Revisit and update goals throughout the year. **Reward yourself for progress!**
- Participate in class and **ask questions**
- Be **confident** in yourself, even if you don't feel "cool". It's the best way to make friends that fit **your personality**

- Avoid delaying homework
- Don't set goals that are unachievable
- Never ignore your struggles
- Don't do it all at once
- Try not to isolate yourself

### FUN ACTIVITIES TO GET BACK INTO THE SPIRIT

Have something to look forward to. Plan a game night or baking day with friends!

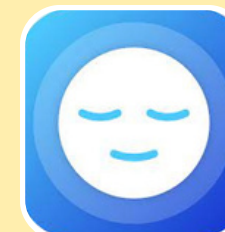
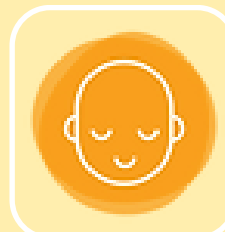
- Create study groups with friends
- Make a school mood board that is aesthetically pleasing. Include tips, images and colours that motivate you
- Make a study/school playlist for specific subjects you're learning
- Sign up for extracurriculars to build your skills and meet new people

## HELPFUL APPS

### ORGANIZATION



### MENTAL HEALTH



# EVERYDAY SUPPORT

## ARTICLES, PODCASTS, THERAPY, WORKSHOPS & STORIES

**Unsinkable**

**Unsinkable  
Youth**

### TAP TO EXPERIENCE:

- Youth and adult stories
- Interactive Digital resources
- Free Online Events
- Youth Led Programming



Straight Up Health

### TAP TO EXPERIENCE:

- Therapy
- Workshop
- Resources



### TAP TO EXPERIENCE:

- Crisis Line
- Mental Health Activities
- Text support
- Support & Informational Articles
- Much more



**jack.org**

### TAP TO EXPERIENCE:

- Documentaries
- Workshops
- Informational videos
- Stories
- Resources

## HELPLINES

**Kids  
Help  
Phone**

Tap [here](#) to be directed to the Kids Help Phone website. Connect to their crisis line, resources, online activities and much more.

**Crisis  
Text  
Line**

Call 1-800-668-6868 or text CONNECT to 686868.  
*Available 24 hours a day to Canadians aged 5 to 29 who want confidential and anonymous care from trained responders.*

## ARTICLES, PODCASTS, THERAPY, WORKSHOPS & STORIES.



RESOLVE

Noah Tile: [An Integrated Approach to Student Mental Health](#)

Noah Tile: [Why Education is an Antidote to the Mental Health Crisis](#)

Noah Tile: [Why Therapy Matters](#)

RESOLVE PODCAST

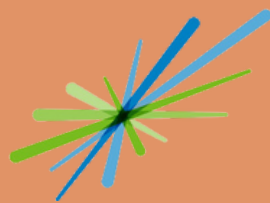


NARRATIVE 4

[Interschool Story Exchange in Zimbabwe](#)

[Join the Artists Network](#)

N4 RESOURCES



MENTAL HEALTH  
COMMISSION OF  
CANADA

[Student Perspectives on Improving Mental Health Supports](#)

[Supporting Holistic Approaches to Post-Secondary Student Mental Health and Wellbeing](#)

MHCC BLOG



SCHOOL MENTAL  
HEALTH ONTARIO

[Personal Resiliency](#)

BACK TO SCHOOL  
SUPPORT PACKAGE




FAMILY CARE  
CENTRE

FIND PEER SUPPORT


## STORIES

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**Jama Maxie**  
IGNITE YOUR FIRE

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**Nikita Baxi**  
UNLEARNING PERFECTIONISM

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**Marcus Smith**  
LIFE IS A SPORT

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**Lindsey**  
MY JOURNEY TO OVERCOMING OBSTACLES...

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**RESOURCES** GO ASK ALICE



ABC Skill - From DBT  
Self Care Balance Board  
Ways to Reduce Social Media Comparison

READ MORE HERE

# RESOURCE RECOMMENDATIONS

## INSTAGRAM ACCOUNTS



@nealth



@StudentMindsOrg



@TheCognitiveCorner



@CamsKids\_8



@TheYCRH



@KidsHelpPhone



@TheLatestKate



@ResolvveMentalHealth



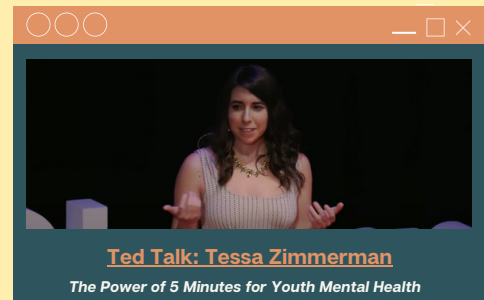
@BeUnsinkable

## VIDEOS ON BACK TO SCHOOL



**Ted Talk: Hailey Hardcastle**

Why You Should Take a Break: Prioritizing Mental Health in Schools



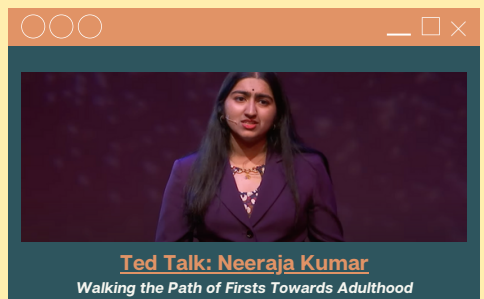
**Ted Talk: Tessa Zimmerman**

The Power of 5 Minutes for Youth Mental Health



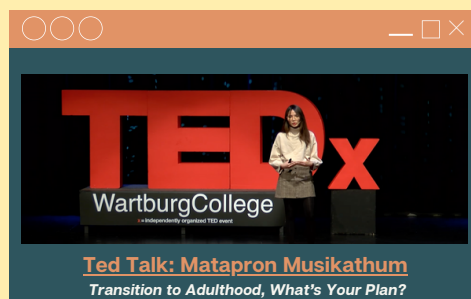
**Ted Talk: Carley Rogers**

Stress at School



**Ted Talk: Neeraja Kumar**

Walking the Path of Firsts Towards Adulthood

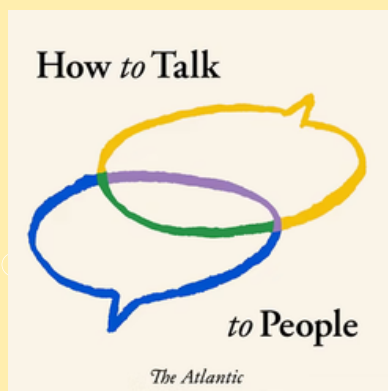
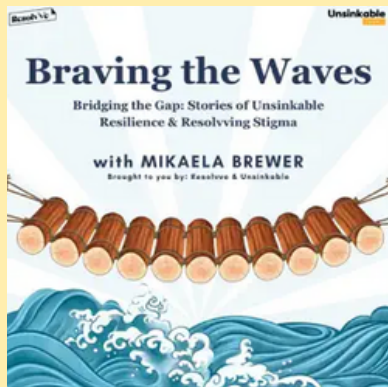


**Ted Talk: Matapron Musikathum**

Transition to Adulthood, What's Your Plan?

# RESOURCE RECOMMENDATIONS

## PODCASTS & EPISODES



### FEATURE EPISODES



[Managing Future Anxiety](#)



[Affirmations for Students](#)

# RESOURCE RECOMMENDATIONS

## BOOKS



Little Voice - Amanda Bernardo

Goodnight Mind for Teens - Colleen Carney

You Are Only Just Beginning - Morgan Harper Nichols

The Freshman Survival Guide - Nora Bradbury-Haehl & Bill McGarvey

The College Wellness Guide - Casey Rowley Barneson

Rising Troublemaker - Luvvie Ajayi Jones

At The Intersection - Robert & Hope Longwell-Grice

## ARTICLES ON TRANSITIONS



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[CLICK HERE](#)

**Reflecting on My First Year of University**



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[CLICK HERE](#)

**8 Study Tips**



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[CLICK HERE](#)

**Coping with Back to School Anxiety**



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**Navigating University Fresh out of High School**



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**Resolutions Revisited**



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**50+ Student Wellness Resources**




# EVENT PARTNERS & SPONSORS

## THANK YOU TO OUR PARTNERS


Without you, this event would not have been possible



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