

# ELEMENTARY MENTAL HEALTH LITERACY RESOURCE



## Field Testing

### What is the EMHLR Project?

The EMHLR project aims to create an evidence-based Mental Health Literacy resource for elementary school students (Grades 4 and 5), delivered by teachers in Alberta & beyond. This resource emphasizes the science of mental health, knowledge about mental disorders that appear in children/youth, stigma reduction, promotion of help-seeking behaviours & the development of healthy lifestyles.

### Who are we?

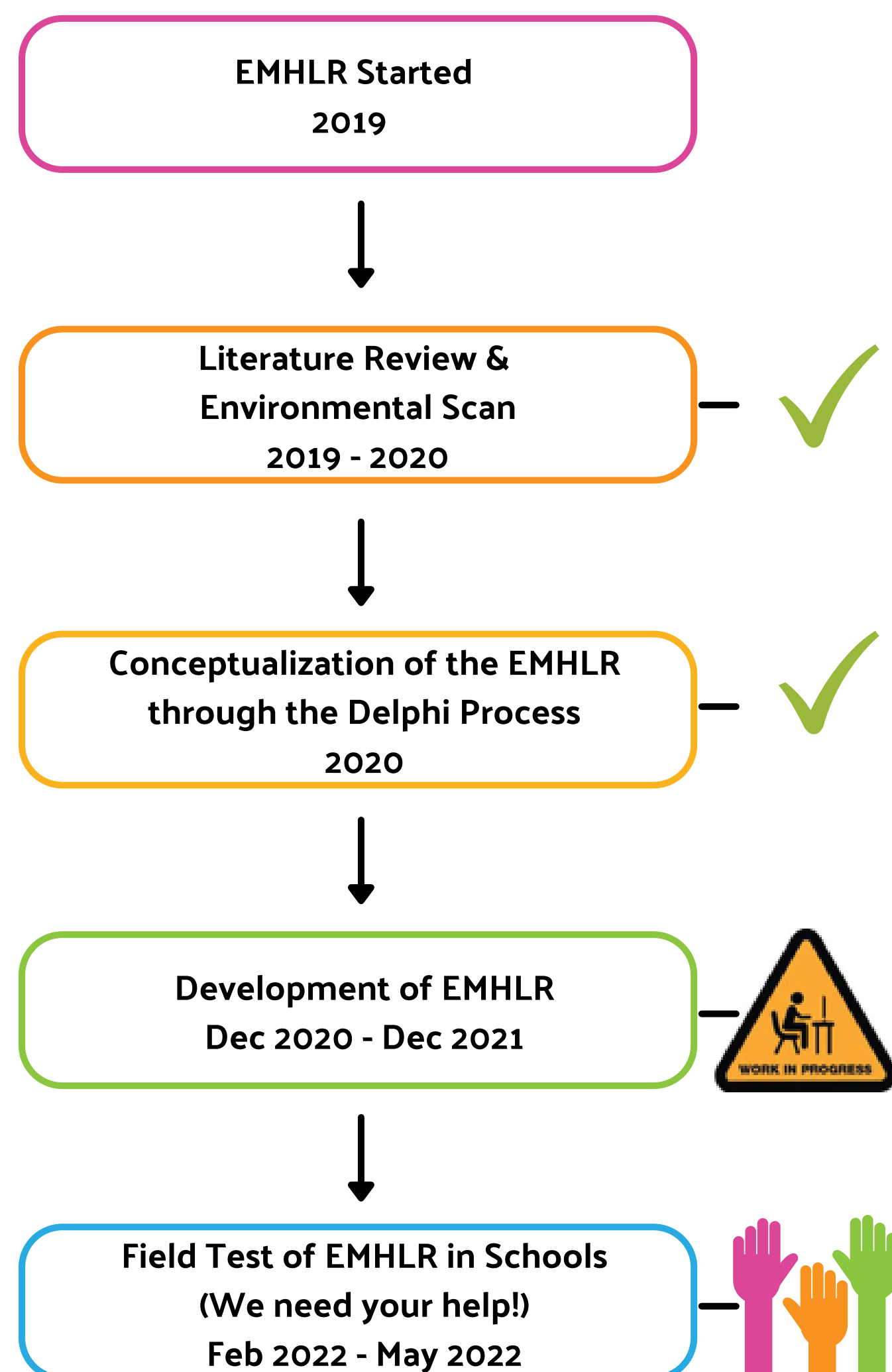
EMHLR is led by [mentalhealthliteracy.org](http://mentalhealthliteracy.org) of Alberta Health Services, an internationally-leading knowledge translation team, composed of school mental health professionals, researchers & a youth advisory council. We aim to take the best available scientific evidence in mental health & make it easy to understand & accessible for everyone. Our team is committed to creating & delivering the highest quality Mental Health Literacy information, research, education & resources.

### Where are we in the project?

EMHLR is a 4 year project funded by the Alberta Children's Hospital Foundation in 2019. Since its inception, we have engaged many educators, youth, mental health professionals & researchers in Canada & beyond to provide expertise & feedback to make sure the project reflects school & student mental health needs. The diagram on the right reflects the various project stages.

### How can you help?

We are seeking feedback through **field testing** the EMHLR modules! We ask teachers to participate by implementing one module in a Grade 4 or 5 (or Grade 4/5) classroom. We will have follow-up questions for teachers & students around how they experience the EMHLR, including the content, delivery format & length of the module. This valuable feedback will assist the project team in creating a finished project more attuned to student & educator needs.



**Interested? Contact us at:**  
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