

EASE

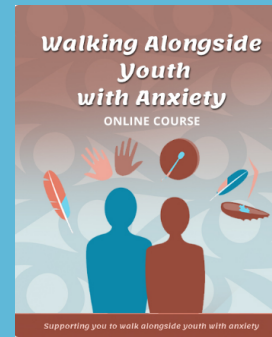
(Everyday Anxiety Strategies)

At Home

For Parents and
Caregivers



HealthyMinds BC
Home -
HealthyMindsBC
(gov.bc.ca)



Check
out

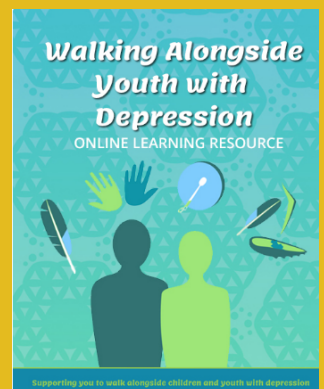
Access the courses by
creating an account and
logging in. Once you
have logged in, you can
go to your dashboard to
access courses. Save your
login details to return to
a course at any time.

Mental Health Prevention and Early Intervention Resources



HealthyMindsBC

Check
out



SD44 District SEL/MH Team
Dec. 2024

This site is for B.C. parents,
caregivers, families, educators and
other professionals to help them
support the “everyday” mental
health of children and youth.