

CS: Student Directed Supports -Mental Health & Emotional Wellness

Version 3

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Mental Health & Emotional Wellness

- [MindShift CBT](#): An app designed to help teens and young adults cope with anxiety.
- [Self-help Anxiety Management](#): A psycho-educational tool to help you understand and manage your anxiety.
- [Insight Timer](#): Free guided meditations, reflect, journal, and track your feelings and thoughts.
- [MoodTools – Depression Aid](#): Designed to help you combat depression and alleviate your negative moods, aiding you on your road to recovery
- [Calm Harm](#): An app to help manage self-harm by choosing different coping strategies and techniques.
- [Mood Sentry](#): A collection of tools to help manage mood disorders.
- [YouthGrief.ca](#): Online grief resources developed by grieving youth, for grieving youth
- [Recovery College – CMHA](#): Free courses, webinars, and workshops to support personal recovery in mental health and wellbeing.
- [BounceBack](#): Free skill-building program to manage low mood, depression, anxiety, stress or worry.
- [Anxiety Canada \(formerly AnxietyBC\)](#)
- [DepressionHurts.ca – Homepage](#)
- [Grieving – CMHA National](#)
- [Loss, grief and healing – CAMH](#)
- [MyGrief.ca](#)
- [Grief Tip Sheets – Centre for Grief & Healing](#)
- [Cutting and Self-Harm – HelpGuide](#)
- [Self-Injury Outreach and Support](#)
- [Suicide Prevention – Canada](#)