

SPOTLIGHT

Cameron's Camp for  
Wellness

## SUPPORT MENTAL HEALTH & WELLNESS FOR ELEMENTARY STUDENTS

One out of every seven U.S. children aged 2 to 8 years have a diagnosed mental, behavioral or developmental disorder. \* Cameron Gallagher was a bright and talented young girl battling depression and anxiety. Cameron's dream was to raise awareness and erase the stigma about the topic. At the tender age of 16, she suddenly passed away from an undiagnosed heart condition.

Recognizing the dire need for solutions to support all students' mental health and wellness, Gale partnered with the Cameron K. Gallagher Foundation to curate Cameron's Camp for Wellness with over 100 eBooks that provide targeted resources and guidance for elementary students, teachers, and counselors letting our young students know that they are never, ever alone.

*\*Source: Centers for Disease Control and Prevention, 2018.*



## HELP SUPPORT YOUNG STUDENTS WITH GALE eBooks

### RAISE AWARENESS AND PROMOTE MENTAL HEALTH

Mental health matters; especially when setting young children up for success. Making sure kids feel secure and confident to speak up about their emotions is the starting point. Cameron's Camp for Wellness on *Gale eBooks* can help promote mental health in elementary schools and raise awareness.

### INTEGRATE INTO CURRICULUM WITH EASE

With the rise of mental health issues and the pressure to increase Social and Emotional Learning in the classroom, teachers are doing the heavy lifting and can feel overburdened. Mental health interventions that are integrated into a regular curriculum are most effective. Fortunately, this digital collection makes that possible and easy.

### PROVIDE A WIDE RANGE OF TOPICS

The titles in Cameron's Camp for Wellness span a wide range of topics, including social skills such as sharing, being honest, and teamwork, recognizing emotions, learning how to communicate about sensitive issues, and more.

more 

## ADDITIONAL COLLECTIONS TO SUPPORT HEALTH & WELLNESS FOR ALL STUDENTS

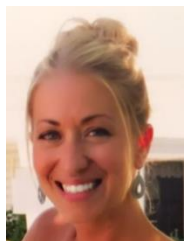
**Cameron's Collection**—Helping students cope with everyday stressors and stay in the present moment by working on mindfulness is the core foundation of this collection. Created with the Cameron K. Gallagher Foundation, this collection of over 90 eBooks will help students who are affected by mental illness and inspire them to seek help.

**Mental Health**—A great add-on collection for those who have Cameron's Collection. Covering topics in depression, anxiety, PTSD, family issues, drug and alcohol abuse, sexual violence, relationships and more.

**Digital Citizenship**—Built on the Nine Elements of Digital Citizenship by Mike Ribble. These nine elements are: digital access, commerce, communication, literacy, etiquette, law, rights & responsibilities, health & wellness and security.

### SUPPORT FOR TEACHERS AND COUNSELORS

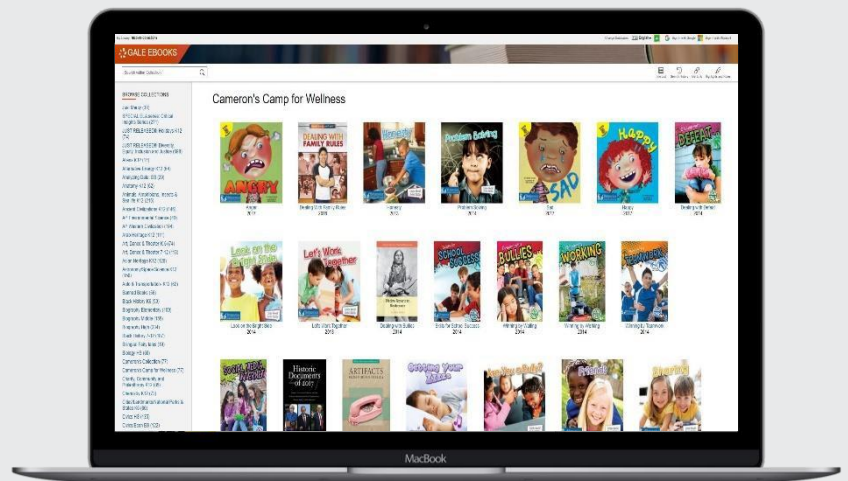
Gale partners with several publishers to provide authoritative content on topics such as school counseling, grief, and bullying. Round out your collection with Gale eBooks, or for more support on the subject, please look at *Gale Health and Wellness*.



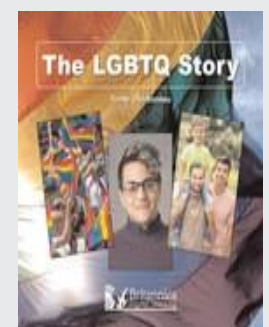
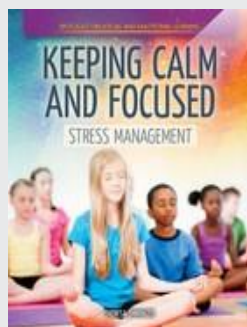
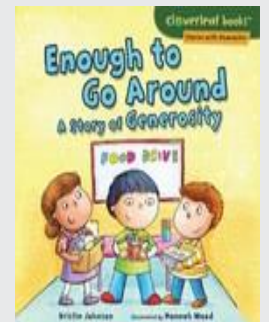
**Nicole Albrecht, Gale eBooks Sales Specialist**

Nicole is a certified high school teacher from Michigan and has her master's degree in curriculum & instruction with a focus on adolescent literacy. As a former teacher, Nicole recognizes the importance of curating eBook collections that meet the needs of the school and its students.

## WHAT'S INSIDE



## NEW TITLES TO SUPPORT MENTAL HEALTH



**WHY WAIT?**

CONTACT YOUR GALE EDUCATION CONSULTANT FOR A DEMO OR QUOTE TODAY