

# SUPPORT TEEN MENTAL HEALTH AND WELLNESS

One out of every five teens suffer from mental illness.<sup>1</sup> Cameron Gallagher was one such teen. 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 our students' mental health and wellness, Gale's team of teachers partnered with the Cameron K. Gallagher (CKG) Foundation to curate Cameron's Collection on *Gale eBooks*. It has over 100 titles that provide targeted resources and guidance for students, teachers, and counselors. Together, we can provide private, age-appropriate mental health resources and guidance to support children and teens like Cameron.

1. *National Alliance on Mental Illness: "Mental Health by the Numbers."*



## SUPPORT SEL IN SCHOOL AND AT HOME WITH GALE eBooks

### OFFER PRIVACY AND ANONYMITY

When students are confronted with mental health issues, they can be afraid to ask for help due to privacy concerns or lack of access at home. Break down these barriers and support students by providing a resource they can use when they need it most—anytime and anywhere they have internet access.

### ACCESS ADDITIONAL RESOURCES

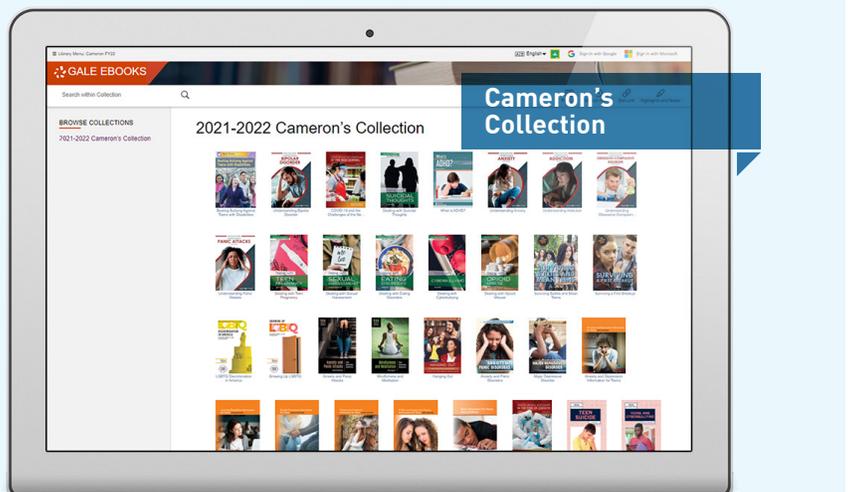
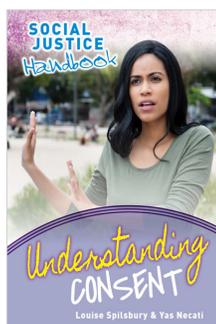
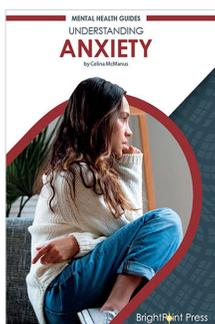
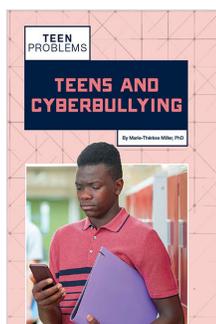
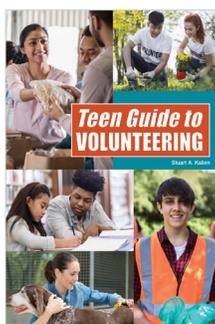
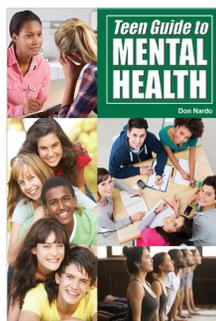
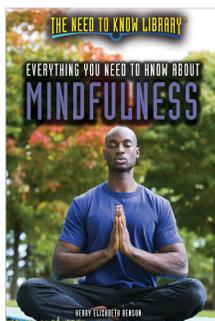
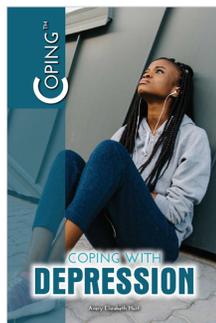
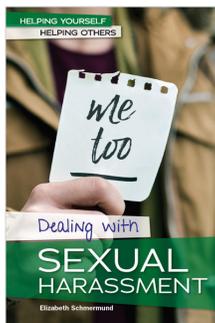
Many titles in the collection have chapters with suggestions regarding professional help. These additional resources give students guidance on where to go and how to seek more help.

### PROVIDE A WIDE RANGE OF TOPICS

The titles in Cameron's Collection span a wide range of topics, including attention deficit disorder, attention deficit hyperactivity disorder, alcohol, anorexia, anxiety, bulimia, caregiving, cutting, depression, divorce, drugs, eating disorders, homelessness, obsessive-compulsive disorder, self-injury, stress, and suicide, along with wellness topics such as confidence, mindfulness, and volunteering. These topics support social and emotional learning (SEL) curriculum and bring empathy education into the classroom—and beyond.

more 

# NEW TITLES IN THE COLLECTION



Product screen capture as of April 2021. Actual interface may vary.

## FIND OTHER COLLECTIONS THAT SUPPORT STUDENT MENTAL HEALTH

Beyond Cameron's Collection, Gale offers several other student eBook collections to support teen mental health and wellness, including:

- Charity, Community, and Philanthropy Collection
- Digital Citizenship Collection
- Diseases, Disorders, and Viruses Collection
- Family Collection
- Health and Nutrition Collection
- LGBTQIA+ Collection

## PROVIDE SEL RESOURCES FOR EDUCATORS

Educator SEL is just as important as student SEL. Gale partners with a number of professional development publishers to provide educators on-demand access to expert content on topics such as school counseling, grief, and bullying. Give educators the tools they need to prioritize their self-care and address sensitive topics with Gale eBooks: Professional Learning collections. Each digital collection brings together 10–50 cross-searchable titles featuring renowned authors from ASCD, Corwin Press, ISTE, Solution Tree, and more.



## MEET GALE'S TEACHER-CURATOR, NICOLE ALBRECHT

Nicole is a certified high school teacher from Michigan and has her master's degree in curriculum and 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. She loves reading and spending time with her parrot, Turkey.

## WHY WAIT?

CONTACT YOUR GALE EDUCATION CONSULTANT FOR A DEMO OR QUOTE TODAY

