Taking care of our mental health is just as important as taking care of our physical health. To learn more about the importance of supporting mental wellbeing and how to achieve that, take a look at the new Mental Health & Wellbeing Topic Guide (http://vlcguides.wcdsb.ca/home/MentalHealth) on the VLC. It features recommended websites, apps, and online activities, as well as resources from both the Learning Commons, CEC and WCDSB school Learning Commons to help support positive mental wellness.

To request Learning Commons, CEC resources listed in these topic guides, please email: Resource.Bookings@wcdsb.ca

For more great suggestions, please see the staff in your school's Learning Commons.