



Wellness Education Lab Quick Start Guide



WellnessTogether.org®
School Mental Health



California Department of
EDUCATION

This guide contains WEL implementation options for your classrooms, school sites, and throughout your district.

What is WEL?

WEL is a practical and empowering FREE online mental health training for students (13+), parents/guardians, and educators/school staff. Parents/Guardians modules are also available in Spanish.

Training is evidence-based and topics include:

Rethinking ANXIETY

This interactive training helps students (13+), parents/guardians, and educators/school staff learn practical ways to manage anxiety and better understand ways anxiety can be used to help overcome challenges.



Takes less than
60 minutes to
complete

Mental Health FOUNDATIONS

This interactive training helps students (13+), parents/guardians, and educators/school staff increase mental health literacy, focusing on five building blocks of mental health.



Takes less than
60 minutes to
complete

For more information, contact
info@wellnessedlab.org



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I am a School Counselor, School Psychologist, School Social Worker, or a part of the Student Support Staff. How do I use WEL?

- Utilize WEL as part of a group or individual counseling curriculum
- Share with your district counseling and student support teams
- Offer WEL as a resource to students and families
- Highlight WEL during Mental Health Awareness Month (May) or other school or district-wide campaigns to promote mental health literacy and reduce stigma
- Include WEL in Peer Support training and programming
- Print WEL flyers to make available in your counseling center and/or wellness center
- Send parents/guardians a WEL flyer with a link to the WEL website

I am a Site Administrator. How do I use WEL at my site?

- Utilize WEL during district-wide professional development for both certificated and classified staff
- Send families a WEL flyer in weekly folders, newsletters, and/or family workshops
- Share links to WEL on school websites, social media pages, and newsletters
- Include WEL flyer in new student enrollment packets or beginning-of-year mailings
- Print WEL flyers to make available in the main office and/or counseling center
- Consider highlighting WEL during Mental Health Awareness Month (May) and other school or district-wide campaigns to promote mental health literacy and reduce stigma
- Share at district and site council meetings

I am a District Administrator. How do I use WEL in my district?

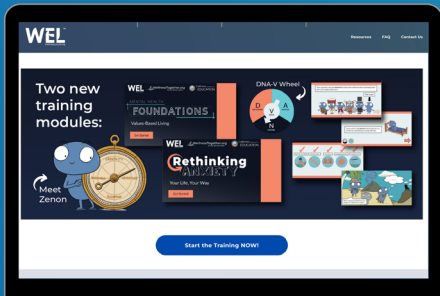
- Allow emails from wellnessedlab.org to student emails for account creation and training completion certificates
- Utilize WEL during district-wide professional development for both certificated and classified staff
- Add WEL to district-wide trainings available to Educators/School Staff or Professional Learning Community (PLC) time
- Share links to WEL on district websites, social media pages, and newsletters
- Include WEL flyers in new student enrollment packets or beginning-of-year mailings
- Print WEL flyers to make available at the district office
- Share at district and site council meetings

I am a Teacher. How do I use WEL in my classroom?

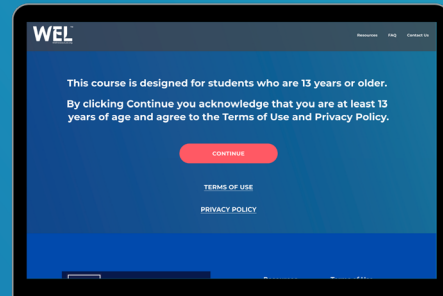
- Print WEL flyers and put them up in your classroom for students to scan and sign-up for training
- Offer WEL as a resource to parents/guardians who ask for support
- Complete WEL yourself and adopt skills and language from the trainings to use in your classroom
- Utilize a WEL training as an in-class assignment with the following reflection questions for students:
 - *How can you use your “Discovery” skill to connect with others this week?*
 - *What are some helpful and unhelpful things your “Advisor” has said about a school project?*
 - *How does your “Noticer” skill help you slow down and be aware of your surroundings?*
 - *What are some of your values?*
 - *How can your values give you direction in life?*
 - *Who are safe adults you can go to at school when you need support?*

Login Instructions:

1 Visit wellnessedlab.org and click the 'Start the Training NOW!' button to begin



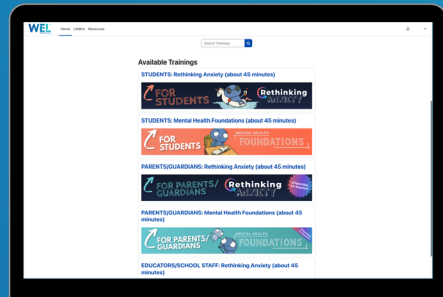
2 Click 'Continue' to accept the Terms & Conditions



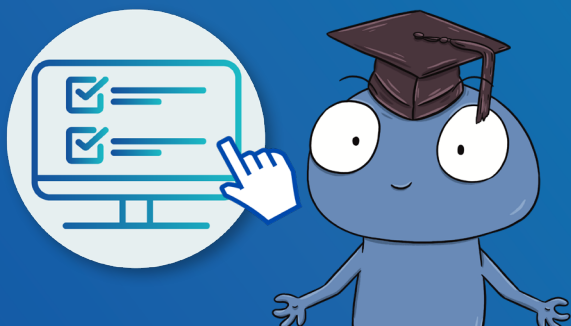
3 Create an account by creating a username and password OR sign in with Google



4 Browse the trainings and click one to get started!



5 Complete the post-training questions to receive your certificate (Don't worry, they're not graded!)



SCAN OR CLICK HERE TO GET STARTED

Additional Resources



WellnessTogether.org[®]
School Mental Health

Your Partner for Student Mental Wellness

Wellness Together delivers effective mental health services to students in school communities around the world.

SCAN OR [CLICK HERE](#) TO LEARN MORE



1 Connect with Us

Schedule a meeting for us to learn how the Wellness Together School-Based Therapy Program can best support your students and families.

2 Customize the Program

Collaborate with our team to customize school-based mental health services, available to all students *regardless of Medicaid or insurance requirements.*

3 Increase Your Student Supports

Your students can now access evidence based interventions on-campus or online, typically in less than two days wait time.



HearYou.org[™]
Online Counseling

Online Counseling for Educators & School Staff

SCAN OR [CLICK HERE](#) TO LEARN MORE



1 Reach Out. To learn more or schedule a meeting, visit hearyou.org/educatorwellness.

3 Customize the Program. HearYou.org presents implementation options and program materials.

2 Connect. Meet with a HearYou.org team member to discuss services available to your educators and school staff.

4 Meet your Care Coordinator. A dedicated Care Coordinator begins working with staff in need of support.



mind out loud[™]

The Youth-Led Mental Health Movement
Amplifying the Student Voice

SCAN OR [CLICK HERE](#) TO LEARN MORE



how students
are making an
impact

- ➔ **FREE MONTHLY WORKSHOPS**
- ➔ **FREE STUDENT REP PROGRAM**
- ➔ **FREE ANNUAL STUDENT EVENT**

WEL™

WellnessEdLab.org

Wellness Education Lab

Practical & Empowering Mental Health Training for

STUDENTS (13+) · PARENTS/GUARDIANS · EDUCATORS/SCHOOL STAFF



Created by leading
mental health
experts



Practical skills to
manage stress and
support others



Evidence-based
content to increase
mental health literacy



Approximately
45-60 minutes
per module

STUDENTS (13+)

WEL guides students (13+) through evidence-based content offering practical skills to improve mental health and resilience.

PARENTS/GUARDIANS

WEL empowers parents/guardians with knowledge and tools to support youth and strengthen their own mental health.

EDUCATORS/SCHOOL STAFF

WEL equips educators/school staff with practical mental health training to support students (13+) and strengthen their own mental health.

Scan for more
information



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FREE Mental Health Training for school communities
WellnessEdLab.org