

March 30, 2010

Dear Recipients of the Be Kind To Yourself and Others Mental Health Kit

Thank you for your interest in supporting student's Mental Well Being. The intent of this education kit is to engage students in discussions of factors that impact or are impacted by their mental health.

You are welcome to use all of the elements of this kit; however, there are limitations on the copyrighted material contained in some lessons. We grant you permission to use this education kit; however, this does not allow you to share the resource further, i.e. to a third party. Where there is copyrighted and/or referenced material, we ask that you contact the source for permissions to translate, reproduce or share those materials.

Thank you for honoring this request.

Sincerely,



Laura Manz, MSc  
Regional Manager  
School Health Services