



Mental Health and Wellness Support for All Learners

Students and educators face challenges that go far beyond academics.

Whether it's managing stress and anxiety or navigating the ups and downs of friendship, students need access to dependable support. At the same time, educators deserve tools that nurture their own well-being—so they can bring their best selves to the classroom every day.

Gale provides trusted resources that foster mental health and wellness for students, educators, and families. Designed to align with MTSS frameworks, these collections support universal wellness strategies while offering targeted interventions for those who need extra care. Featuring titles from leading experts, our digital resources deliver reliable guidance—anytime, anywhere—helping learners and educators thrive.

Age-Appropriate Mental Health & Wellness Support



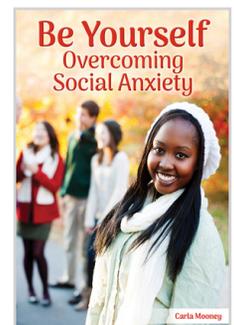
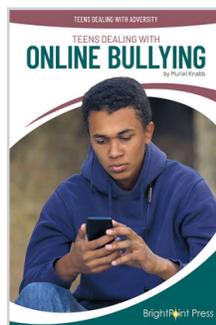
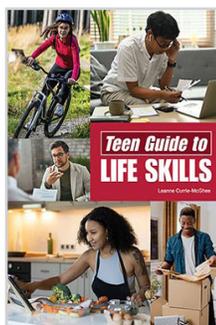
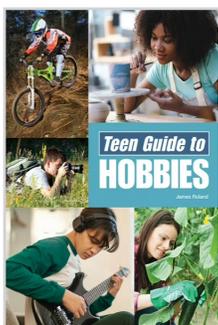
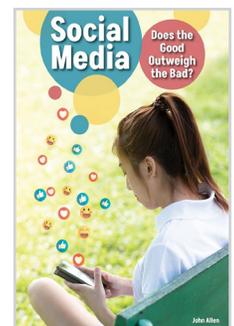
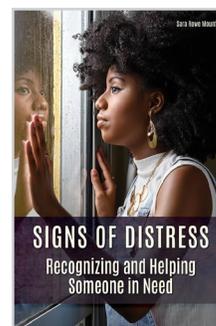
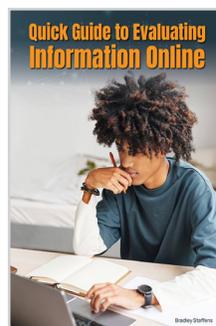
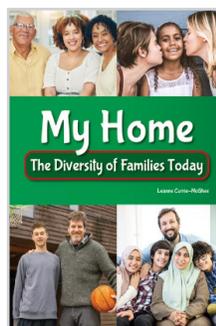
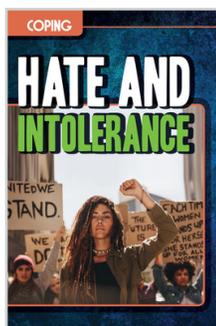
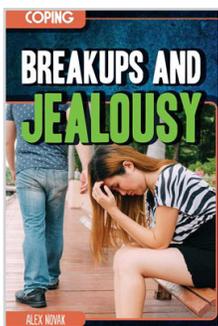
As a bright and talented young girl, Cameron dealt with depression and anxiety. Her dream was to raise awareness and erase the stigma about the topic. At the age of 16, she suddenly passed away from an undiagnosed heart condition.

In partnership with the Cameron K. Gallagher (CKG) Foundation, Gale curated two digital collections that honor Cameron's legacy—providing safe, private, and age-appropriate resources for students, educators, and counselors. Together, we can equip children and teens with the tools they need to build resilience and support one another.

Cameron's Collection

Cameron's Collection is designed to help middle and high school students build the skills and strength they need to navigate life's challenges. With more than 100 eBooks, this collection gives students a confidential way to explore topics such as:

- Managing anxiety, depression, and stress
- Coping with bullying and peer pressure
- Building self-confidence and healthy relationships

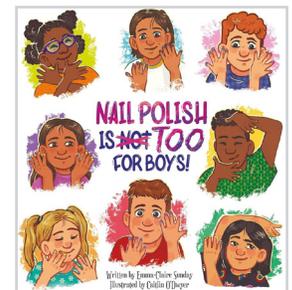
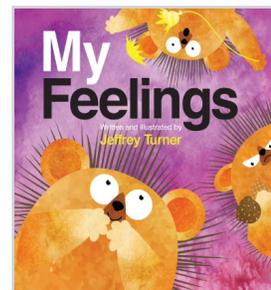
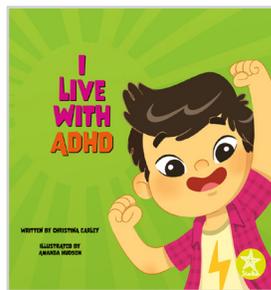
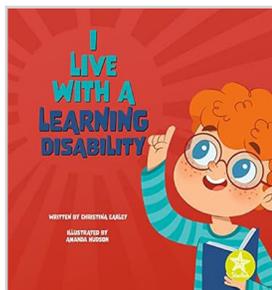
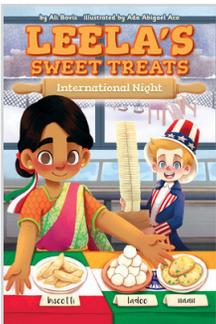
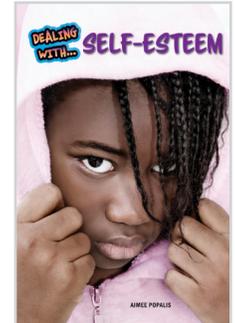
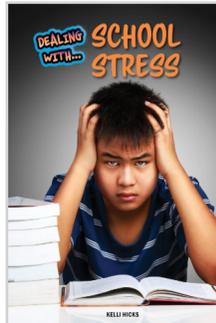
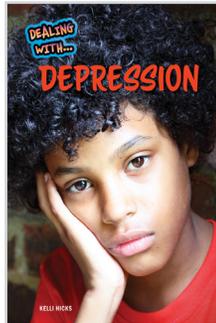
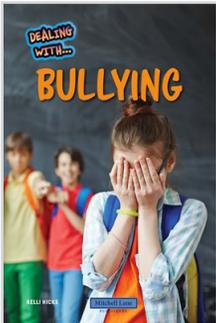


Cameron's Camp for Wellness

Designed for PreK–5 learners, **Cameron's Camp for Wellness** offers more than 100 eBooks to help children understand and manage their feelings.

Through engaging stories and age-appropriate guidance, this collection supports young learners as they:

- Recognize and express emotions.
- Practice empathy and kindness.
- Build resilience and problem-solving skills.



Cameron's Collection and Cameron's Camp for Wellness are available 24/7, empowering students of all ages to seek help independently. These collections provide educators, counselors, and families with trusted resources to support student well-being and build a foundation for lifelong mental wellness.

The eBook covers displayed represent a sample of titles available in the collection(s).

Supporting Educators Who Support Students

Educators play a critical role in their students' well-being. That's why we've designed *Gale eBooks: Professional Learning* resources to help teachers, counselors, and administrators create safe, supportive environments for all learners.

Topics include:

- Building trauma-informed classrooms
- Supporting diverse learning needs
- Creating safe, inclusive environments
- Promoting staff wellness and resilience

With on-demand professional development content available, schools can empower their staff with practical strategies and insights—ensuring both students and educators are prepared to thrive academically and emotionally.

High-quality, digital content from district-preferred publishers

Gale's trusted, digital mental health and wellness resources provide comprehensive support, ensuring every learner—and educator—has access to the tools they need to flourish.



Integrate these collections into your MTSS plan to strengthen mental health supports across all tiers. Get started at gale.com/mentalhealth

