

# Mentally Fit Schools

## Resource Library Guide

### About the Resource Library

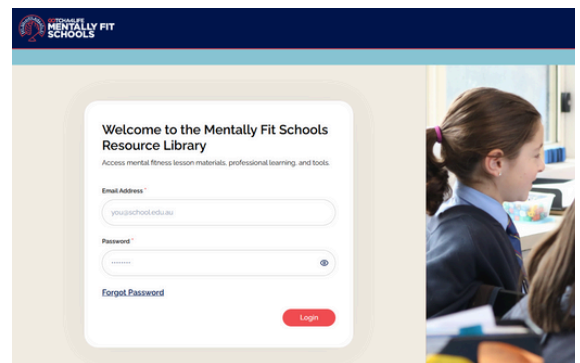
This central online space brings together classroom and professional learning resources that support mental fitness across your school. It's designed to make finding, downloading, and using resources quick and easy, supporting the planning and delivery of the wider program.

As the Wellbeing Lead, you will have full access and the ability to invite teachers from your school to access the Resource Library. We've prepared a short guide and video to help get you started.

### 1. Setting up your account

You will receive an email inviting you to set up your password for the Resource Library.

1. Open the email and click the **Set up password** link.
2. Create your password and select **continue**.
3. You will be taken directly to the Resource Library **login** screen.



### 2. Accessing the Resource Library

Once logged in, you will be taken to the Resource Library home page.

#### Finding resources

Resources can be explored in several ways:

- **Category tabs** at the top of the page
- **Filters** on the left-hand side (i.e. by resource type)
- **Search bar** to search by keyword from the resource title (i.e. Mind Breaks)

#### Using resources

- *PDF* and *presentation files* can be **downloaded**
- Other resource formats such as *videos* can be viewed **directly in the browser**.

