

SPOTLIGHT

Cameron's Collection

SUPPORTING TEEN MENTAL HEALTH & WELLNESS

One out of every five teens suffers from mental illness. Cameron Gallagher was one such teen. A bright and talented young girl battling depression and anxiety, Cameron's dream was to raise awareness and erase the stigma about the topic. At the tender age of 16, she suddenly passed away from an undiagnosed heart condition.

Recognizing the dire need for solutions to support our students' mental health and wellness, we curated Cameron's Collection with nearly 40 eBooks that provide targeted resources and guidance for students, teachers, and counselors – letting our students know that they are never, ever alone.



SUPPORTING TEENS WITH GALE EBOOKS ON GVRL

OFFER PRIVACY AND ANONYMITY

Students can access content related to sensitive issues from the privacy of the Gale eBooks on GVRL platform and their own device.

ENCOURAGE SOCIAL SHARING

Students can share articles with friends related to teen issues via a number of social sharing options including Twitter, Facebook, Tumblr, Pinterest, and others.

ACCESS ADDITIONAL RESOURCES

Many titles in the collection have chapters with suggestions regarding professional help: where to go and how to find additional information.

WIDE RANGE OF TOPICS

The titles in Cameron's Collection span a wide range of topics, including ADD, ADHD, alcohol, anorexia, anxiety, bulimia, caregiving, cutting, depression, divorce, drugs, eating disorders, homelessness, OCD, self-injury, stress, and suicide.

more 



NEW! CAMERON'S CAMP FOR WELLNESS K5

Cameron's Camp for Wellness is a mental health collection for the K5 students. Focuses on recognizing and managing emotions, social skills, safety and more!

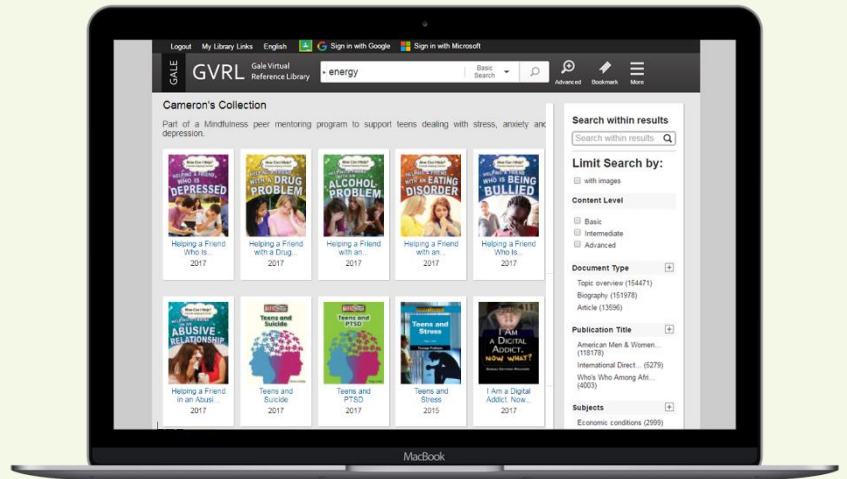


Nicole Albrecht, GVRL Sales Specialist

Nicole is a certified high school teacher from Michigan and has her master's degree in Curriculum & Instruction with a focus on Adolescent Literacy. As a former teacher, Nicole recognizes the importance of curating eBook collections that meet the needs of the school and its students. She loves reading and spending time with her parrot, Turkey. Follow Nicole on Twitter @GVRLNicole.

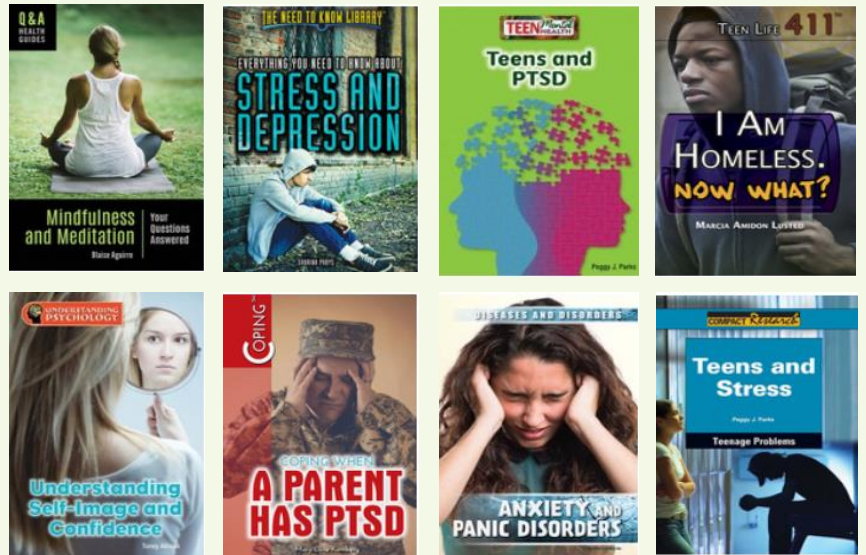


WHAT'S INSIDE



CAMERON'S COLLECTIONS FOR GRADES 6-12 FEATURES TOPICS IN:

- Managing anxiety and depression
- How to seek help
- Mental health issues such as suicide, PTSD, OCD and more
- Ways to manage stress, effectively communicate, and finding happiness.



SUPPORT FOR TEACHERS AND COUNSELORS

Gale partners with a number of publishers to provide authoritative content on topics such as school counseling, grief, and bullying. Round out your collection with Gale eBooks on GVRL, or for more support on the subject, take a look at our *Health & Wellness Resource Center*.



LEARN MORE

800.877.4253

gale.com/repfinder