



Teacher Well-Being Resources

Teaching is deeply emotional work and it's okay to need support. Whether you're a beginning teacher, seeking workplace safety guidance, or exploring wellness resources, support is available through the Manitoba Teachers' Society. Scan the QR codes below to learn more about the services and supports available to you.

Mental health matters and **MTS Kii** is here for you. Scan the QR code for 24/7 support, or call 1-866-814-0018 anytime.



Disability Benefits Plan: Short-Term and Long-Term Disability Benefits Plans



Resources for reporting **violent incidents** in schools.



Allyship: How to support 2SLGBTQIA+ colleagues.



Online safety resources for MTS members.



Beginning teachers resources.



Explore **health benefits** provided by MTS.



Workplace safety, health resources and more.



THE MANITOBA TEACHERS' SOCIETY

Explore additional resources and more by visiting **mbteach.org**