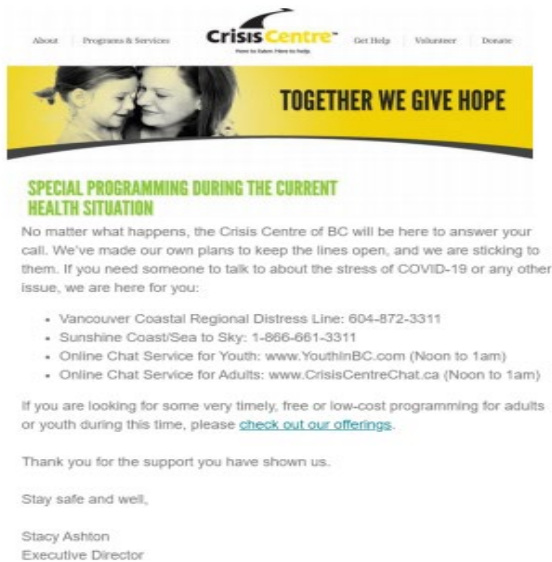


SUPPORTING WELLNESS

As you are already aware, many of our students are faced with various levels of stress, hardship and uncertainty under usual circumstances, however, during extraordinary and challenging times like these we are expecting even higher levels of anxiety and depression brought on by social isolation, financial stress, ambiguity and are coping with additional medical and mental health concerns. As always, if you are hearing such stories or have concerns, please contact the school counsellors. Below, are some wellness sites designed to assist our students and parents for the remainder of summer session.

HELPFUL SITES TO SUPPORT WELLNESS



About Programs & Services **Crisis Centre** Get Help Volunteer Donate
How to Get Help

TOGETHER WE GIVE HOPE

SPECIAL PROGRAMMING DURING THE CURRENT HEALTH SITUATION

No matter what happens, the Crisis Centre of BC will be here to answer your call. We've made our own plans to keep the lines open, and we are sticking to them. If you need someone to talk to about the stress of COVID-19 or any other issue, we are here for you:

- Vancouver Coastal Regional Distress Line: 604-872-3311
- Sunshine Coast/Sea to Sky: 1-866-661-3311
- Online Chat Service for Youth: www.YouthInBC.com (Noon to 1am)
- Online Chat Service for Adults: www.CrisisCentreChat.ca (Noon to 1am)

If you are looking for some very timely, free or low-cost programming for adults or youth during this time, please [check out our offerings](#).

Thank you for the support you have shown us.

Stay safe and well,

Stacy Ashton
Executive Director

CRISIS CENTER Special Programming During the Current Health Situations

The Crisis Centre values the importance of community, connection and support during this current health situation. To support our mental health and wellbeing, we are expanding our mindfulness-based programs online for youth and adults.

Tools for Managing Stress and Burnout: 6-Week Online (Adults)

Tools for Managing Stress and Burnout: 6-Week Online (Adults)

Tools for Managing Uncertainty and Change: Free Online (Youth)

These courses are available, **free of charge**, to provide resources and strategies to help us through these challenging and changing times.

<https://crisiscentre.bc.ca>

KIDSHELPPHONE



COVID-19

Filter by
 All Read

READ
How to cope with social distancing during COVID-19
COVID-19 mental health physical health 4/5

READ
We're here for you during COVID-19 (novel coronavirus)
COVID-19 mental health physical health 4/5

Call us

800.368.6868

Need help now? You can reach a Kids Help Phone counsellor 24/7 at [1-800-668-6868](tel:1-800-668-6868).

What happens when you call

First, you'll hear a message that goes, "Hi! Welcome to Kids Help Phone." You will then be asked to choose for service in either English or French.

Next comes a message about prank calls. Some young people are just curious about what will happen if they call. Try to remember that our counsellors are here to help, but we need to keep the lines free for youth who need us.

Once you get through, a counsellor will ask how they can help you. Don't sweat it if you don't know what to say. The counsellor will ask you a couple of questions to get the conversation going.

www.kidshelpphone.ca

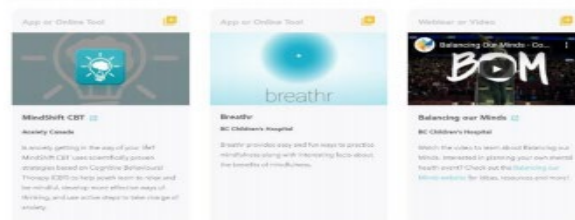
Kelty Mental Health



APPS or ONLINE RESOURCES AVAILABLE

- Mindshift CBT
- **breathr** WEBINARS AVAILABLE
- BOM – Balancing Our Minds

Featured Resources



www.keltymentalhealth.ca



FOUNDRYBC.CA

- ANXIETY
- FEELING DEPRESSED OR LOW MOOD
- FEELING STRESSED

www.foundry.ca



1. **QMUNITY**
2. Qmunity is what happens when queer, trans, and Two-Spirit folks looking for a sense of community come together.
3. reach out to our Youth Specialist, Han youth@qmunity.ca, or Facebook chat, through the GAB Youth Facebook group.
4. reach out to our Social Worker, Jennie at jennie.mw@qmunity.ca

www.qmunity.ca