# New Indigenous Logo for JO!!! – Keller's Blog Site**John Oliver Secondary School**

# 530 East 41st Avenue, Vancouver, B.C., V5W 1P3

# **Connecting with your School Counsellor & Mental Health Resources while school is closed**

Dear Students,

During this uncertain and unprecedented time, your Counsellors are here to support you. If you would like to book an appointment for Counselling or ask a question, please email us your questions or concerns and we will set up a time to see you either by phone, email, or on MS Teams (link to download MS Teams below). Please email your Counsellor first to set up a time and method of communication.

\*\*\*\*If you get a call from a ***Private*** or ***No Caller ID*** phone number \*\*\*

please answer as it may be your Counsellor.

**Counsellor Assignments**

**Mrs. Alvares** aalvares@vsb.bc.ca Grade 8, Grade 12 (Last name A-D)

**Mrs. Birkenhead** sbirkenhea@vsb.bc.ca Grade 9, Grade 12 (Last Name E-R)

**Mr. Steinruck** asteinruck@vsb.bc.ca Grade 10, Grade 12 (Last Name S-Z)

**Mr. Edge** redge@vsb.bc.ca Grade 11, Take a Hike Program

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| **Download MS Teams:**<https://office365.vsb.bc.ca/for-students>Use your student email (STUDENTNUMBER@learn.vsb.bc.ca) and login information to set up your accountIf you need to reset your password, go to <https://studentpass.vsb.bc.ca/>You will need to know your PEN# & Date of BirthIf you continue to have trouble email your Counsellor or teacher |

**Attached is a list of helpful resources in the meantime.
Take good care of yourselves and reach out for help if you need it.**

**HELPFUL SITES TO SUPPORT WELLNESS**

[**CRISIS CENTER**](https://crisiscentre.bc.ca/)

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

**Anywhere in BC 1-800-SUICIDE:**1-800-784-2433
**Mental Health Support Line:604**310-6789 **Youth Chat** <https://youthinbc.com/>

[**KIDS HELP PHONE**](https://kidshelpphone.ca/call/)

Kids Help Phone is Canada’s only 24/7, national support service. They offer professional counselling, information and referrals and volunteer-led, text-based support to young people in both English and French.

Phone counsellor 24/7 at 1-800-668-6868.

Live Chat 12:00am-7:00am <https://kidshelpphone.ca/live-chat>

Text CONNECT to 686868
Download the App

**FOUNDRY BC**

Foundry offers young people ages 12-24 health and wellness resources, services and supports – online and through integrated service centres in communities across BC.

<https://foundrybc.ca/>

[**KELTY**](https://keltymentalhealth.ca/) **MENTAL HEALTH**

Living through mental health challenges is hard. Whether you are going through struggles yourself, or supporting a friend or loved one, the Kelty Mental Health Resource Centre is here for you. Their website includes information, tools and supports for yourself or a friend. If you want to talk to someone who might be able to understand what you’re going through, our youth peer support workers have their own lived experience with mental health challenges and are here to support you through your struggles.

All of our services are free of charge, and you can reach us over the phone (1-800-665-1822), in person or by email (keltycentre@cw.bc.ca).

<https://keltymentalhealth.ca/youth-young-adults>

**APPS or ONLINE RESOURCES AVAILABLE**

* [*Mindshift CBT*](https://www.anxietycanada.com/resources/mindshift-cbt/)
* [*B*](https://keltymentalhealth.ca/breathr)*reathr*
* *Calm*
* *Spotify* (search: meditation, body scan, etc)

[**QMUNITY**](https://qmunity.ca/)

#### Qmunity is what happens when queer, trans, and Two-Spirit folks looking for a sense of community come together. They provide personal support for queer, trans, and Two-Spirit people of all ages to live healthier, happier lives.

#### <https://qmunity.ca/get-support/youth/>

Reach out to our Youth Specialist, Han youth@qmunity.ca, or Facebook chat, through the GAB Youth Facebook group or reach out to our Social Worker, Jennie at jennie.mw@qmunity.ca

VCH Vancouver Child and Youth Mental Health & Substance Use (CYMHSU)

**Remote Intake Clinics and Specialized Programs Response Plan for COVID-19**

Due to the current COVID19 Pandemic, CYMHSU operations are being modified with new Remote Intake times being offered. Remote services (e.g. Zoom or phone) are available for ages 6 to 18 out of the following Vancouver CYMHSU locations. **Please call for details at:**

**Pacific Spirit**

2110 W. 43rd Ave., 3rd Floor

Phone: 604-267-3970; Fax: 604-675-3909

Days/Hours:

**REMOTE APPOINTMENTS SCHEDULED TUESDAY & THURSDAY:**

9:00am to 3:30pm

**Northeast**

355-2750 E. Hastings St.

Phone: 604-675-3895; Fax: 604-675-3909

Days/Hours:
**REMOTE APPOINTMENTS SCHEDULED MONDAY & WEDNESDAY:**9:00am to 3:30pm

**Raven Song**

2450 Ontario St. 3rd Floor

Phone: 604-872-8441
Fax: 604-675-3909

**NO REMOTE INTAKES OCCURING OUT OF THIS LOCATION**

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**West End**

101-1128 Hornby St.

Phone: 604-331-8908

Fax: 604-675-3909

**NO REMOTE INTAKES OCCURING OUT OF THIS LOCATION**

**Please Note Intake appointments will be conducted remotely.**

**Alan Cashmore Centre Infant Mental Health** (0-5 years old)
**(604) 675-3996** Intake by appointment only

**Child and Adolescent Response Team (CART)
(604) 874-2300** Appointment Required

**Youth Outreach**

Call office directly at **604-688-0551** or fax referral to 604-688-0553