Peter Ewart Middle School

A Collection of Resources for our PEMSchool community.

Online Counselling and Resources for Students



The members of our staff have compiled a list of useful resources to help parents communicate and explain the current COVID-19 situation to their children

# Kids Help Phone: [https://kidshelpphone.ca](https://kidshelpphone.ca/)

* This is a great place for students to access information about a number of topics online and to talk to a counsellor if they need as well (1-800-668-6868)

# Youth in BC: [https://youthinbc.com](https://youthinbc.com/)

* This site includes text support with a counsellor for students

# Teen Mental Health: [http://teenmentalhealth.org](http://teenmentalhealth.org/)

# This site has parenting resources such as how to talk to your teen as well as resources about different mental health concerns

# Kelty Mental Health: [https://keltymentalhealth.ca](https://keltymentalhealth.ca/)

* This site has a variety of mental health resources

# BC Counsellors: <https://bc-counsellors.org/>

* A directory of registered clinical counsellors in BC. Please check with your extended health about coverage options first as they sometimes have specific people you need to see. Many counsellors provide online options.

# Foundry BC: [https://foundrybc.ca](https://foundrybc.ca/)

* A wonderful collection of resources about mental health as well as connection to services

# Youth Space: <https://www.youthspace.ca>

* A resource similar to youthinbc where students can access online counselling
* A massive inventory of resources under different mental health headings

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