

**NORTH RIDGE ELEMENTARY**

[**www.surreyschools.ca/northridge**](http://www.surreyschools.ca/northridge)

Dear Parents:

This is a message from the School Counsellor. I am thinking of you and your children during this difficult time. I am available, through the district email at: Genschorek\_c@surreyschools.ca. Please reach out to me, as needed.

Given our current circumstances, many families are experiencing great stress; mental health is of utmost concern. I recommend that families review the “Keeping Healthy” tab (“Taking Care Of Your Child’s Mental Health” section) of the following link (Ministry of Education):

[www.openschool.bc.ca/keeplearning/](http://www.openschool.bc.ca/keeplearning/)

For immediate community support, please note the following resources:

**Family Doctors/Walk-In Clinics**

For walk-in clinics, please check: ​[www.medimaps.ca](http://www.medimaps.ca)

**Moving Forward Family Services**

Free telephone support to anyone who may be struggling emotionally while in self-isolation.

Phone: 778-321-3054 Email: counsellor@movingforwardfamilyservices.com

Website: [www.mffs.ca](http://www.mffs.ca)

**Child And Youth Mental Health (CYMH)**

Free support for children and youth in need of mental health support.

Phone: 604-501-3122 (Newton Office)

<https://www2.gov.bc.ca/gov/content/family-social-supports/data-monitoring-quality-assurance/find-services-for-children-teens-families/sda-surrey-south-72nd-ave>

**START -** Short-term assessment/response/treatment for children/youth that are at risk for self-harm or suicide.

1-844-782-7811

**SPEAC -** Longer-term counselling support for suicidal children/youth.

604-584-5811

**Surrey Hospice Society**

Grief support for children/teens/adults/seniors.

Phone: 604-584-7006

[www.surreyhospice.com](http://www.surreyhospice.com)

**(Mostly) 24/7 telephone supports:**

●  Kids Helpline​: 1-800-668-6868

●  Crisis Centre BC: 604-872-1234

●  Fraser Health Crisis Line: 604-951-8855 or 1-877-820-7444

●  BC Mental Health Support Line: ​(no prefix) 310-6789

●  Suicide Hotline: 1​ -800-784-2433

●  Compassion Helpline: ​1-866-649-9641

**Online supports:**

[www.healthlinkbc.ca](http://www.healthlinkbc.ca)

[www.heretohelpbc.ca](http://www.heretohelpbc.ca)

[www.familycaregiversbc.ca](http://www.familycaregiversbc.ca)

[www.familysmart.ca](http://www.familysmart.ca)

[www.options.bc.ca](http://www.options.bc.ca)

[www.crisislines.bc.ca](http://www.crisislines.bc.ca)

[www.crisiscentre.bc.ca](http://www.crisiscentre.bc.ca)

[www.ementalhealth.ca](http://www.ementalhealth.ca)

[www.keltymentalhealth.ca](http://www.keltymentalhealth.ca)

[www.forcesociety.com](http://www.forcesociety.com)

In the coming days, I may forward more information to you regarding mental well-being during this time of crisis. In the interim, take very good care everyone! May we come through this as well as possible.

Sincerely,

Charlotte Genschorek

B.Ed. (Engl), B.A. (Soc), M.A. (CNPS)

School Counsellor

*“Every hand that we don’t shake must become a phone call that we place. Every embrace that we avoid must become a verbal expression of warmth and concern. Every inch and every foot that we physically place between ourselves and another, must become a thought as to how we might be of help to that other, should the need arise.” Yosef Kanefsky*