

Student Life > Mental Health and Wellness

Mental health and wellness is an essential part of Aberdeen Hall's school mission and by having a mental health and wellness clinician on campus, Aberdeen Hall is underscoring the importance of mental health as we support our students in living *"meaningful and fulfilling lives as compassionate and contributing citizens."*

Our School Counselling Department, works with our Health and Wellness Committee to promote mental health through:

- 1) Practical programs and initiatives to support the mental well-being of students, faculty and the school community.
- 2) Cultivating a community that is supportive of mental health and wellness. Specifically leading the faculty and students to be aware of mental health issues and encouraging the school community to support one another in working toward mental health and wellness.

The Counselling Department also works directly with our students, providing mental health support both for students with IEPs that designate that the student receive counselling and for students that are referred by their Advisor, Homeroom Teacher or School Principal for short term counseling on an as needed basis.

Short term counselling might focus on stress and anxiety reduction strategies, peer relationship strategies, study or academic stress management, and other discussions about mental health and wellness.

If a student expresses interest in or the school counsellor feels that the student may benefit from more long-term counselling support, the school counsellor will refer to a community counsellor based on student needs.

Junior School Student Support

If your child is in Kindergarten to Grade Five, you will be asked to sign the Informed Consent to Counselling on their behalf. The counsellor will share any information with you from the counselling sessions that will benefit the child's overall well-being at school and at home. You can find a sample of the informed consent [here](#).

Middle School Student Support

If your child is in Grade Six to Eight (Middle School), you will be notified if your child has asked to see the counsellor. You will be informed of the content of the sessions if it would be in their best interest for you to know- eg. safety, goals specified by the student. You can find a sample of the informed consent [here](#).

High School Student Support

If your child is in Grade Nine to Twelve (High School), you will be informed of the content of the sessions if it would be in their best interest for you to know- eg. safety, goals specified by the student. You can find a sample of the informed consent [here](#).

Resources Sidebar:

erase|ReportIt: This safe, anonymous reporting tool allows students to send a secure and confidential message to your school safe school coordinator, who will follow up right away. If you see something, say something, and we will do something.

<https://erasereportit.gov.bc.ca/>

Kids Help Phone: Text: 686868 call: 1-800-668-6868

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

Whether by phone, text, mobile app or through our website, you can connect with us whenever you want, however you want. Our service is completely confidential — you don't even have to tell us your name if you don't want to. [Find out more.](#)"

Youthspace.ca (e-chat) 778-783-0177 (text line)

Youthspace.ca is an emotional and crisis support chat service. "Everyone across Canada under 30 years is welcome to chat with us. We are open 6pm-midnight PST, 365 days a year. We are a diverse community of trained volunteers who would love to listen to how things are going for you."

Foundry virtual support: 1-833-308-6379 to book an appointment

"Foundry Kelowna is a wellness centre where young people can find hope, help and support, when they need it." Offering counselling, youth services, parent navigation, and health and wellness appointments"

Crisis Line BC 1-800-784-2433 <https://crisiscentre.bc.ca/> (e-chat)

"Immediate access to barrier-free, non-judgemental, confidential support and follow-up to youth, adults, and seniors throughout 24/7 phone lines and online services."

Wellness Together -Free, for anyone, 24/7 <https://ca.portal.gs/>

"Get connected to mental health and substance use support, resources, and counselling with a mental health professional. "

Youth In BC- e-chat <https://youthinbc.com/>

"YouthInBC.com is first and foremost an **on-line crisis chat service**, where you can chat 1-on-1 with a trained volunteer from the Crisis Centre, where our service is based. "

24 Hour Kelowna Crisis Line

1-888-353-CARE

1-888-353-2433

UBC Virtual Walk in Clinic Tues/Thurs 12pm-4pm

Email:ipc.ok@ubc.ca

(250) 807-8241

"A barrier-free wellness clinic, booking 30-minute virtual counselling sessions with a PhD student in Clinical Psychology. "

FIND WHAT YOU NEED:

<https://www2.gov.bc.ca/gov/content/health/managing-your-health/mental-health-substance-use/virtual-supports-covid-19>

<https://www.canada.ca/en/public-health/services/mental-health-services/mental-health-get-help.html>