

WHERE CAN I GO FOR SUPPORT AT BETHUNE?

GUIDANCE COUNSELLORS	YOUTH WORKER	STUDENT SUPPORT	VICE-PRINCIPALS Or PRINCIPAL	SAFETY MONITOR	SOCIAL WORKER	SETTLEMENT WORKERS
Guidance office Ext 20040	Guidance; Student Success Office in Library	C101; Student Success Office in Library	Main Office Ext. 20004	Main Office Ext. 20003	Guidance office Ext. 20012	Guidance office Ext. 20005
<ul style="list-style-type: none"> • Course selections • Educational planning • Stress management • Family/Peer issues • School issues • Information for support services, sexual health, mental health. • Attendance/ Academic issues • Referral to the social worker 	<ul style="list-style-type: none"> • Self-esteem • Relationships • Coping skills • Social Skills • Emotional Issues • Conflict resolution • Anger/stress management • How to get involved 	<ul style="list-style-type: none"> • Write tests in an alternate location • Ask to be added to a Learning Strategies course • Discuss learning challenges and strategies • Get help organizing your work/ideas • Time management and study tips 	<ul style="list-style-type: none"> • Resolve conflicts with other students • Report safety concerns (for self or others) • Report bullying, theft, assault, threats • Find ways of getting involved or connected at school or in the community • Discuss concerns (personal or academic) 	<ul style="list-style-type: none"> • Report a trespasser • Report injuries or unsafe conditions • Report safety concerns (for self or others) • Report bullying, theft, assault, threats 	<ul style="list-style-type: none"> • Mental health support • Self-harm • Suicidal thoughts • Substance abuse • Family conflict • Abuse/neglect • Bereavement • Gender Identity/sexual orientation support • Assistance applying for financial/housing assistance 	<ul style="list-style-type: none"> • Information about community services for newcomers • Communication between school and home • Information and support for newcomers for healthcare, housing, financial assistance, citizenship, employment, etc

Kids Help Phone: 1-800-668-6868

www.kidsHelpPhone.ca

Download the **Always There** App

TALK/TEXT ANONYMOUSLY 24/7

Need to reach out to a trusted adult or report a concern?
Go to www.bethuneci.com and email a staff member



OR

Go to www.bethuneci.com and complete the "Report a Concern" form (anonymously)