



Founded 1876

VICTORIA HIGH SCHOOL

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Vic High Mental Health Supports

Dear Families,

Over the next few weeks, schools will be working with families to develop processes and strategies to support remote learning for students. As we make these adjustments, we know that maintaining and supporting mental health is crucial. This document provides an overview of the District and School based supports available to families.

1. **Weekly Mental Health Snapshots:**

The District Team will be providing age specific weekly mental health snapshots to families on a variety of topics. The first snapshot, which you will receive by email this week, outlines the topics for the next 6 weeks, and provides updated resources on community supports for families. We know that community resources will look different over the next while, and the snapshots will provide ongoing, updated information.

2. **School Counselling Opportunities for Students:**

School counsellors and Youth and Family counsellors are available for remote counselling sessions with students. Please email Paula Manning, Joanne Mitchell, Corie Aarsen, Lisa Roy, Mark Sheremeta, or Gen Walsh to set up an appointment time. Emails can be found on the Vic High website under the staff info tab. They will contact you and let you know the options available for the session. It is important to avoid using names in the subject line and do not include confidential information in the email body. If you do not have access to email, please call the school office at 250-388-5456, and the message will be passed on to the counsellor.

At this time, the expectation is that counsellors will connect by phone or email. If and when other technology options become available, we will communicate these developments to families.

We appreciate that all families have many questions as to what learning will look like, and the impact the pandemic will have on regular processes such as transitioning to new schools, testing and graduation. These questions will be answered over time, but the main concern now is supporting everyone's physical and mental health. As we all know, these are unprecedented times, and our collective focus on resiliency, coping strategies and kindness will hopefully offer some support over the next weeks and months.