

COUNSELLING AND WELLNESS

POINTS

- Personal Strengths and Resources
- Counselling at Boyd
- Confidentiality
- Common "Complaints"
- Services
- Supporting Others
- Information

PERSONAL STRENGTHS AND RESOURCES

- First step to wellness
- Everyone has a Toolkit of personal resources
 - Developed with experiences over a lifetime
 - Not aware that we are our best resource
- Trust the 'gut feeling' – many times, you know what you need (and what's right)
- A goal of counselling is to support you in realizing, developing and utilizing these tools

COUNSELLORS

- Ms. Babecoff-Kimhi (Ms. B)
 - Last Names M-Z
 - tbabecoffkimhi@sd38.bc.ca
- Mr. Reid
 - Last Names A-L
 - greid@sd38.bc.ca

WHAT IS COUNSELLING?

- Voluntary
 - You decide what you wish to share (talk about)
- Can take many forms
 - A conversation between two or more people
 - Using external resources
 - Activities
 - Assessment of needs
- Collaborative
 - Working together to achieve a goal – using your strengths and resources to achieve wellness

CONFIDENTIALITY

- Discussions are kept private between counsellor and student unless you give consent to share, which is only for the purpose of helping you.
- Exceptions:
 - Harm to self
 - Harm to others

COMMON COMPLAINTS

- Anxiety
- Panic Attack
- Suicidal Ideation
- Depression
- Nutrition
- Social Relationships
- Family Relationships
- Academics
- Sexuality
- Identity
- Substance Abuse
- Abuse
- Sexual Health
- Anger Management
- Grief/Loss
- Mood
- Personality
- Body Image

SERVICES

- Communication – Talk therapy
- Mindfulness
- Cognitive Behavioral Therapy
- Coping Strategies
- Referrals
- Contacting Teachers
- Contacting Parents
- Personal Sexual Health Supplies/Referrals
- Suicide Risk Assessments
- Peer Mediation
- Career Guidance
- Post-Secondary Guidance
- Scheduling
- Graduation checks

SUPPORTING OTHERS

- Concerns about peers

- Anxiety
- Nutrition
- Depression
- Abuse
- Suicidal Ideation

- Prevention

- Reaching Out
- Bullying (even when not directly involved)
- Promote Wellness

COVID AND MENTAL HEALTH

- Important to communicate concerns, questions, etc
- Many resources available to students and families
 - <https://www2.gov.bc.ca/gov/content/erase/mental-health>

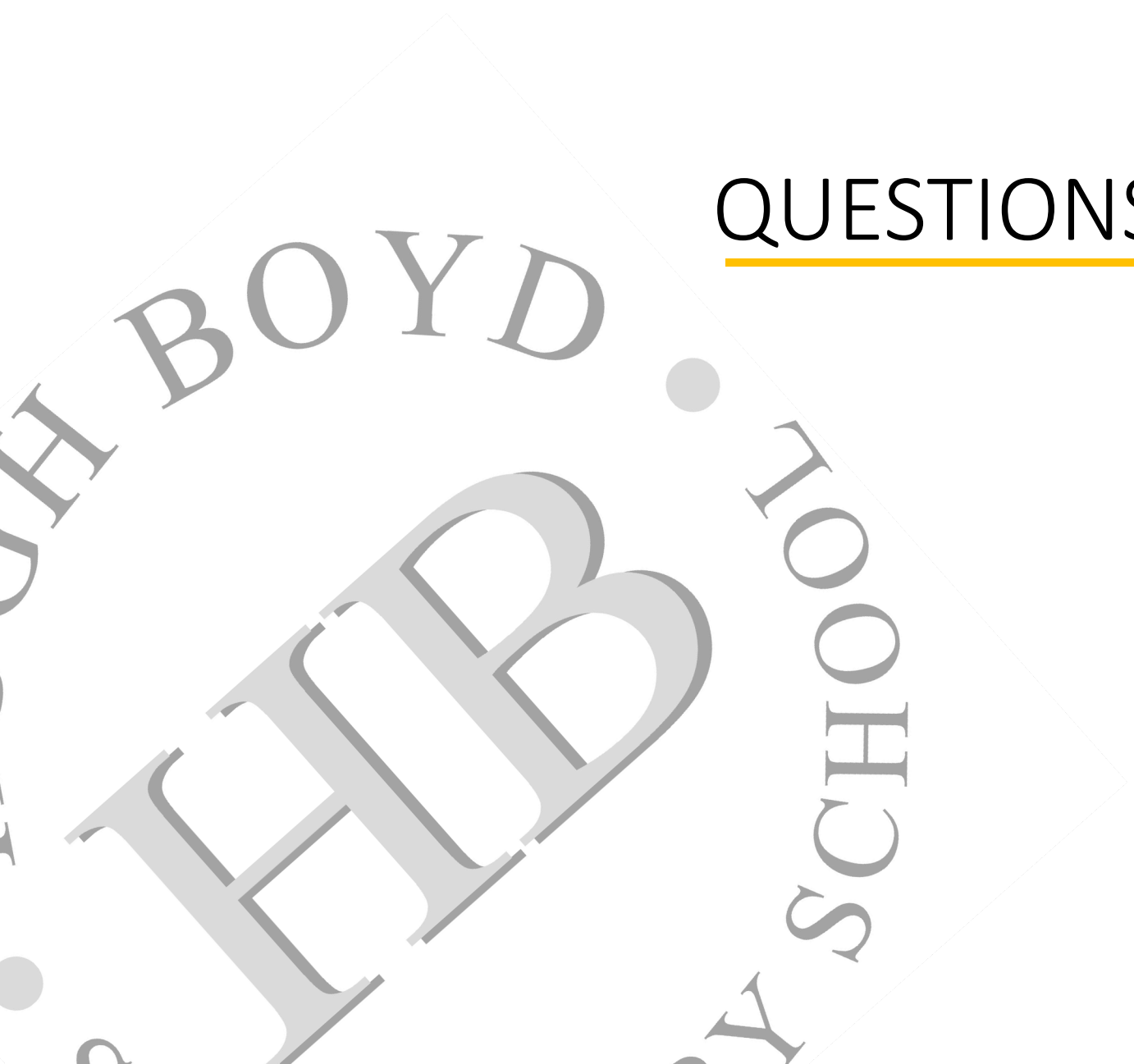
HOW TO SEE A COUNSELLOR

To schedule an appointment with Mr. Reid, Ms. B or Ms. Jones, please select a duration, then choose your counsellor to see availability.

During lunch break, counsellors are available on a drop-in basis.

- <https://boydcounselling.setmore.com>





QUESTIONS?
