



MENTAL HEALTH AND WELLNESS SNAPSHOT

SUPPORTING OUR STUDENTS BY SUPPORTING THOSE WHO CARE FOR THEM

April 2021 Middle Snapshot

This month's snapshot offers information and resources to support your family in navigating grief and loss

[April 2021 Middle Snapshot – Helping Youth Cope with Grief](#)

An advertisement for a resource titled "Asking for HELP from a trusted adult". It features two illustrations: a woman in a blue sweater with her hand to her face, and a man in a red hoodie sitting on the ground. The text reads: "SNAPSHOT Asking for HELP from a trusted adult may be the BRAVEST thing you will ever do". It also includes the Vancouver Island Crisis Line number 1-888-494-3888, a QR code, and the Greater Victoria School District logo at the bottom. The footer text says "One Learning Community April 2021".

SNAPSHOT

Asking for HELP

from a trusted adult

may be the **BRAVEST** thing you will ever do

Vancouver Island Crisis Line
1-888-494-3888

Where to Call for Help in our community

One Learning Community April 2021