

Resources For Students

As if being a youth isn't hard enough these days, dealing with COVID-19 and the way it is impacting our world can bring added stress and challenges.

This page is for you.

You will find links and contacts to resources that might help. If you have suggestions or comments on how to help us help you better – please email info@sd62.bc.ca and let us know!

Feeling anxious? It is normal to think about and worry about what is happening worldwide and as close as in your own home. If you need to talk to someone confidentially – connect with [Kids Help Phone](#) here.

There are many more sites you can check out to find help for you or your family members [here](#) and [here](#).

Many families are struggling right now with having enough food to eat. Some people aren't working and that can lead to hungry kids. If you are in a situation where you need food, either for yourself or your whole family, we can help. Send an email to info@sd62.bc.ca. We will keep the information you provide confidential and will work with you to get you what you need.

There are plenty of other community groups that help keep families fed, all year long. You can find some other options [here](#).

We also want to remind you that your school counsellors, teachers and principals are here for you. If you need to talk with someone about school work or technical difficulties, are worried about your grades or future, need some help accessing the above resources, or just want to talk – reach out.

It's important that while we are distant physically, we keep connected other ways.

Take care of yourselves and each other.