



# Stein Valley Nlakapamux School

## Community & Parent/Guardian Communication

**Subject:** Community Care, Support, and Well-Being

Good morning SVNS Parents, Guardians, Students, Staff, and Community Members,

The past few weeks have been particularly heavy for many communities across British Columbia. We recognize that recent tragic events—both close to home and in Northern British Columbia—have deeply affected individuals, families, and communities. In small and connected communities, loss and trauma can be felt widely, even when events occur far away.

At Stein Valley Nlakapamux School, we are committed to caring for the well-being of our students, staff, and families. Staff have been speaking with students in age-appropriate, thoughtful, and professionally supported ways. These conversations are guided by trauma-informed practices and Ministry-provided resources to ensure students feel safe, supported, and heard.

Earlier this week, our staff were provided with supportive documentation and guidance shared by the Ministry of Education and Child Care (Independent Schools). These resources assist educators in navigating difficult conversations with care, clarity, and compassion.

We also want to take this opportunity to remind families and community members that **support is available**. If you or someone in your family is struggling emotionally or mentally, we strongly encourage reaching out to trained professionals. Asking for help is a sign of strength, not weakness, and support is offered with care and respect.

Below are several **provincial and Ministry-supported mental health and wellness resources** available to children, youth, adults, and families across British Columbia:

### Mental Health & Wellness Supports (BC)

#### Kids Help Phone (24/7)

- Phone: **1-800-668-6868**
- Text: **CONNECT to 686868**
- Website: <https://kidshelpphone.ca>  
Free, confidential support for children and youth.

#### Crisis Services Canada

- Phone: **1-833-456-4566**
- Text: **45645 (4 pm – midnight)**



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- Website: <https://www.crisisservicescanada.ca>

## **310-Mental Health Support (BC)**

- Phone: **310-6789** (no area code)
- Website: <https://www2.gov.bc.ca/mentalhealth>  
Connects callers to local mental health resources.

## **Foundry BC (Youth & Young Adults 12–24)**

- Website: <https://foundrybc.ca>  
Integrated health and wellness services, including mental health supports.

## **Ministry of Education & Child Care – Student Well-Being**

- Website: <https://www2.gov.bc.ca/studentwellbeing>  
Guidance and resources for families and schools.

If your family needs support, please know that these services exist to help you navigate difficult moments. When someone offers help, they genuinely mean it—please accept it when needed.

Our school remains a place of care, stability, and support. If you have concerns about your child or would like assistance connecting with resources, please do not hesitate to reach out to the school.

Thank you for continuing to care for one another during this time.

With respect and care,  
**Ken MacGillivray**  
Principal

