



In lieu of the usual *Panther Post*, we are providing families with information on where to find supports for wellness. If you or someone you know is struggling, there is help available. Share this with your kids and friends. No one needs to suffer alone.

If there's an immediate risk, call 9-1-1 or take them to the Emergency Room.

Other resources include:

- Call or text 9-8-8 Suicide Crisis Helpline
- Call 8-1-1 for general health information and nurse advice.
- Visit kidshelpphone.ca or call 1-800-668-6868 for resources on a variety of wellness topics, including voice & chat support.

Local resources include:

- Compassionate Care Hospice Society
 - Grief Support 403-895-4030
 - E-mail cchs.ygprograms@gmail.com
- Family Resource Network (Family Support Program)
 - Call 403-895-0152
 - E-Mail mai-britt.savill@mcmancentral.ca
- Primary Care Network (Youth Mental Health Program)
 - Call 403-845-3050
- Mental Health intake (Recovery Alberta) 1-888-594-0211

The Children's Grief Centre has a plethora of resources for kids, teens, and caregivers on a wide range of topics around grief and loss. It is strongly recommended that you check it out at <https://www.hospicecalgary.ca/resources>.

The PNC will be hosting **A United Front: Parents and Community Supporting Our Youth's Mental Health** on Wednesday, October 15 from 6:00-7:30PM at the Lou Soppit Community Centre. All adults are encouraged to attend.

And the school is always here to help at pioneer-contacts@wrsd.ca.

It takes a village.