# Where Can I Go for Support at Bethune?

<table>
<thead>
<tr>
<th>Guidance Counsellors</th>
<th>Youth Worker</th>
<th>Student Support</th>
<th>Vice-Principals or Principal</th>
<th>Safety Monitor</th>
<th>Social Worker</th>
<th>Settlement Workers</th>
</tr>
</thead>
<tbody>
<tr>
<td>Guidance office Ext 20040</td>
<td>Guidance; Student Success Office in Library</td>
<td>C101; Student Success Office in Library</td>
<td>Main Office Ext. 20004</td>
<td>Main Office Ext. 20003</td>
<td>Guidance office Ext. 20012</td>
<td>Guidance office Ext. 20005</td>
</tr>
</tbody>
</table>

- Course selections
- Educational planning
- Stress management
- Family/Peer issues
- School issues
- Information for support services, sexual health, mental health.
- Attendance/Academic issues
- Referral to the social worker
- Self-esteem
- Relationships
- Coping skills
- Social Skills
- Emotional Issues
- Conflict resolution
- Anger/stress management
- How to get involved
- Write tests in an alternate location
- Ask to be added to a Learning Strategies course
- Discuss learning challenges and strategies
- Get help organizing your work/ideas
- Time management and study tips
- Resolve conflicts with other students
- Report safety concerns (for self or others)
- Report bullying, theft, assault, threats
- Find ways of getting involved or connected at school or in the community
- Discuss concerns (personal or academic)
- Report a trespasser
- Report injuries or unsafe conditions
- Report safety concerns (for self or others)
- Report bullying, theft, assault, threats
- Mental health support
- Self-harm
- Suicidal thoughts
- Substance abuse
- Family conflict
- Abuse/neglect
- Bereavement
- Gender Identity/sexual orientation support
- Assistance applying for financial/housing assistance
- Information about community services for newcomers
- Communication between school and home
- Information and support for newcomers for healthcare, housing, financial assistance, citizenship, employment, etc

---

**Kids Help Phone:** 1-800-668-6868  
[www.kidsHelpPhone.ca](http://www.kidsHelpPhone.ca)  
Download the [Always There](http://www.kidsHelpPhone.ca) App

**TALK/TEXT ANONYMOUSLY 24/7**

**Need to reach out to a trusted adult or report a concern?**  
Go to [www.bethuneci.com](http://www.bethuneci.com) and email a staff member

**OR**

Go to [www.bethuneci.com](http://www.bethuneci.com) and complete the “Report a Concern” form (anonymously)