

# Lord Byng Secondary School

3939 w. 16<sup>th</sup> avenue, Vancouver, B.C.

## Connecting with your School Counsellor and Mental Health Resources while school is closed.

Dear Byng students and families,

During this uncertain and unprecedented time, your counsellors are here to support you. If you would like to book an appointment for counselling, please email us your questions or concerns and we will set up a time to chat either by phone, email or on Microsoft Teams (link to download Teams below– it's easy!).

Please email your grade counsellor first to set up a time and method of communication. We really look forward to connecting with you soon:

**Julia Henning** ([jhenning@vsb.bc.ca](mailto:jhenning@vsb.bc.ca)) - Grade 8

**Mary Smith** ([msmith@vsb.bc.ca](mailto:msmith@vsb.bc.ca)) - Grade 9

**Michelle DeYoung** ([mdeyoung@vsb.bc.ca](mailto:mdeyoung@vsb.bc.ca)) - Grade 10

**Irina Birsan** ([ibirsan@vsb.bc.ca](mailto:ibirsan@vsb.bc.ca)) - Grade 11

**Jelena Radic** ([jradic@vsb.bc.ca](mailto:jradic@vsb.bc.ca)) - Grade 12

All the very best,

Your Byng counselling team

**Download Microsoft Teams:**

**<https://office365.vsb.bc.ca/for-students>**

**Use your student email and login info to get set up!**

**The following pages contain a list of resources that may be helpful now.**

**Take good care of yourselves and your loved ones.**

**Please reach out for help if you need it.**