



# NLCPA

Newfoundland and Labrador Counsellors' and Psychologists' Association  
A Special Interest Council of the Newfoundland and Labrador Teachers' Association

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## **TALK TO YOUR SCHOOL COUNSELLOR**

Poster Links

### Feeling Really Sad

<http://kidshealth.org/en/kids/sadness.html#>

<http://kidshealth.org/en/parents/understanding-depression.html#>