



NLCPA

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

TALK TO YOUR SCHOOL COUNSELLOR

High School Poster Links

Mental Health and Wellness

<https://students.ubc.ca/health-wellness/self-help/stress-anxiety>

<http://teenmentalhealth.org>

<http://openmindbc.ca/youth-young-adults/>

<http://www.bridgethegapp.ca/>

<https://www.nlesd.ca/families/mhresources.jsp>