



Burnaby South Secondary School and The BC Provincial School for the Deaf | December 17, 2025

Rebels Newsletter


What are Child and Youth Mental Health (CYMH) services?

CYMH offers culturally responsive, inclusive, and family-centred services for Indigenous and non-Indigenous children and youth with mental health and wellness needs that impact their daily life. Services are time-limited based on need.



Crisis Centre
 For 24/7 support call or text the **Suicide Crisis Helpline** at 9-8-8 from anywhere in Canada.

If you feel unsafe or have already done something to hurt yourself, please call 9-1-1 or immediately go to your nearest emergency or urgent care department.



If your concerns get worse, please contact your local CYMH clinic Monday – Friday | 9:00a.m. – 4:00p.m.*

*Some clinics may close between noon – 1:00p.m. for lunch. Please check your local CYMH clinic for exact hours.

If you need support outside of clinic hours, please connect with one of the following supports:

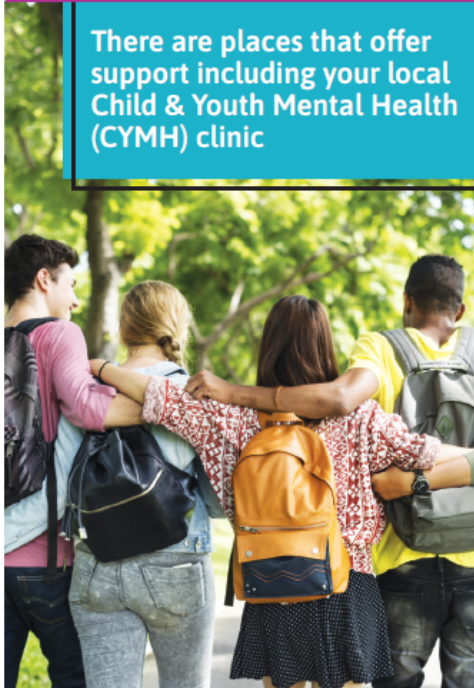
- BC 24/7 Crisis Line**
 24/7 phone line: 1-800-SUICIDE (1-800-784-2433)
 Website: crisiscentre.bc.ca
- Kids Help Phone**
 IM: kidshelpphone.ca
 Text: CONNECT to 686868
 24/7 phone line: 1-800-784-2433
- KUU-US Crisis Line (Support for Indigenous Peoples)**
 24/7 phone line: 1-800-588-8717
 Website: kuu-uscrisisline.com
- 9-8-8: Suicide Crisis Helpline**
 24/7 call or text: 9-8-8
 Website: 988.ca
- Youthspace (6:00 p.m. – 12:00 a.m. PST)**
 IM: youthspace.ca
 Text: 778-783-0177
- Hope for Wellness Help Line (Indigenous people across Canada)**
 24/7 phone line: 1-855-242-3310
 Website: hopeforwellness.ca

Additional helpful resources and support

- FamilySmart Parents/Youth Peer Support**
 Includes people with firsthand experience in accessing CYMH, who can provide support and system navigation, by phone, video chat, or in-person, without a waitlist.
 Website: familysmart.ca/parent-peer-support
- Foundry BC**
 Provides a variety of health (including mental health) services for young people ages 12–24, virtually and through walk-in.
 Website: foundrybc.ca and foundrybc.ca/virtual
- Kelty Mental Health Resource Centre**
 A provincial resource centre that provides mental health and substance use information and peer support.
 Website: keltymentalhealth.ca

Worried about your child's, your friend's, or your own mental health?

There are places that offer support including your local Child & Youth Mental Health (CYMH) clinic





Gr. 9 Immunization will take place on **Wednesday, January 14, 2026, Wednesday, February 4, 2026 and Wednesday, March 4, 2026**. Please make sure to return the completed Immunization Consent form back to the Office by **Wednesday,**

December 17th. If you have any questions, please out to the Burnaby Public Health nurses at 604-918-7570.



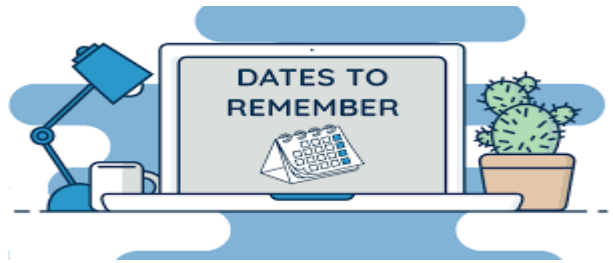
**Burnaby South Secondary School
Grade 7-11 Course Selection Information Evening**

Date: Wednesday, January 14, 2026
Location: Michael J. Fox Theatre
Address: 5455 Rumble Street
Time: 6:00-7:45 PM

More information will be shared in January!



CNML #4 (Canadian National Mathematics Contest) will take place on **Tuesday, January 13th, 2026**. For more information, please see Mr. Marzouk in A207.



Friday, December 19th – Last day before Winter Break
Monday, December 22nd – January 2nd – Winter Break – School Closed

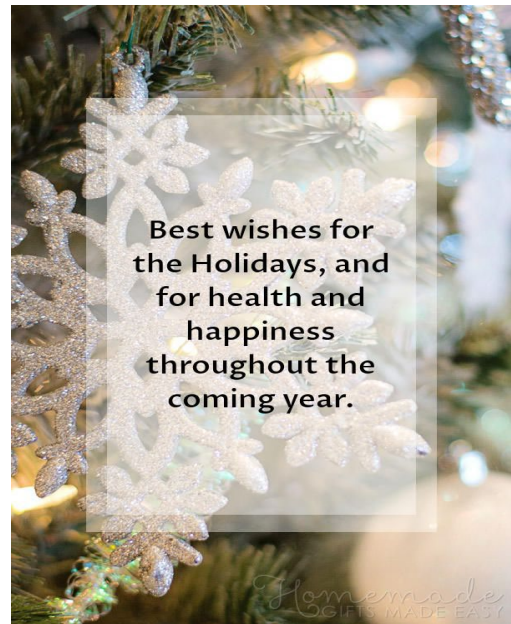
Monday, January 5th – School Re-opens

Tuesday, January 13th – CNML #4 (Canadian National Mathematics Contest)

Wednesday, January 14th – Open House for Gr. 7-11 Parents, 6:00 – 7:45 pm

Wednesday, January 14th – Gr. Immunization

Thursday, January 15th – Parent/Teacher Interviews
Sign-up begins



Best wishes for the Holidays, and for health and happiness throughout the coming year.

“Education’s purpose is to replace an empty mind with an open one.” Malcolm Forbes

	Website: https://south.burnabyschools.ca/	Contact: 604-296-6880		Email: South.info@burnabyschools.ca
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