

RMSS Wellness

Welcome to RMSS!

Welcome to Roland Michener! We are so excited that you are here and we look forward to getting to know you better throughout the school year.



YOUR WELLNESS COACH AT RMSS

Mrs. Cassidy Wood - Monday-Friday in office 157 (email cwood@hpsd.ca) Check us out on Instagram at Rmss_Wellness

HOW DO WELLNESS COACHES SUPPORT STUDENTS AT RMSS?

RMSS Wellness Coaches support students in a variety of ways, from classroom presentations on mental health and wellness topics, to offering small groups that focus on developing social-emotional skills, and one-on-one coaching. Wellness Coaches also work to connect students and families with additional school and community resources related to mental health and wellbeing.

HOW CAN STUDENTS ACCESS WELLNESS

Students who would like to connect with a Wellness Coach can leave a note in our mailboxes outside of our offices in the Jr. High office, or an appointment can be scheduled by emailing us (listed above).

HOW CAN PARENTS REQUEST WELLNESS FOR THEIR STUDENT

If you would like your child to meet with a Wellness Coach please email us (listed above) and we will be happy to support them. It is important to note that students are not obligated to meet with Wellness, and details of our visits will not be shared unless deemed necessary for their safety or for the safety of those around them. Reasons for sharing information would be:

- If students pose a risk of harm to themselves or others
- If students report experiencing abuse or know of someone who has
- Reports of potential danger to the school
- A Student grants us permission to share information on their behalf

Speak to your Wellness Coach if you have any questions.
Have a great year!

Slave Lake Community Mental Health Resources and Crisis Lines

Walk In Counselling Services Addictions & Mental Health- Slave Lake Government Centre

Room 104, 101 3 Street Slave Lake, AB 780-849-7127

Hours of Operation- Tues 1pm-3pm

Hope for Wellness- Helpline is available 24/7 to all Indigenous people across Canada

1-888-594-0211 (Toll Free)

Kids Help Phone- 1-800-668-6868 (Toll Free)

Youth Text- 686868

Adult Text- 741741

Chat- [KidsHelpPhone.ca](https://www.kidshelpphone.ca)

Mental Health Helpline- Help when you need it, 24/7

1-888-594-0211

Suicide Crisis Helpline- Dial 988