

Wellness Resources

HAMILTON DISTRICT CHRISTIAN HIGH

Student Services Team

General Inquiries

Kris Slootweg ~ info@hdch.org
905.648.6655

Guidance and Wellness

James Apers ~ japers@hdch.org
289-439-7933 | EDSBY

Guidance

Karin Boonstra
kboonstra@hdch.org | EDSBY

Academic Support

Aline Koiter ~ akoiter@hdch.org
EDSBY

International Student Support

Nate VanKampen
nvankampen@hdch.org | EDSBY

Student Health and Wellness & Conflict Resolution

Owen Webb
owebb@hdch.org | EDSBY



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92 Glancaster Road Ancaster On L9G 3K9
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MENTAL HEALTH SUPPORT

Centre for Addiction and Mental Health

<http://www.camh.ca/covid19#top>

A great resource with tons of information, links, strategies and tips for talking about covid, for managing stress, and for challenging negative thoughts.

The site links to stress and anxiety self assessment tools, and it has great suggestions on supporting loved ones.

Shalem Mental Health

<https://shalemnetwork.org>

905.528.0353 or Toll Free 866.347.0041

connexOntario

<https://www.connexontario.ca>

Ontario government 24/7 centre for crisis response and mental health support. Call, chat, or use the app.

Mind your Mind:

<https://mindyourmind.ca/>

This is a great resource for adolescents & young adults. Links to supports & crisis lines, & an extensive e-library on wellness, stress reduction, coping strategies, & mental health.

CRISIS LINES

COAST/911

905.972.8338 or (toll free) 1.844.972.8338

COAST is a 24/7 Hamilton Crisis Response Team. If you are in crisis, contact them. If someone is in immediate danger, don't hesitate to call 911.

Kids Help Phone

Text CONNECT to 686868 to chat with a volunteer Crisis Responder 24/7 or call a counsellor: 1.800.668.6868

24/7 confidential access to mental health support. Call, text, or live chat. Great articles and resources on dealing with stress and anxiety, on managing "triggering" news headlines, and on staying well during crises.