

Counselor Connection



Although school may look different right now, mental health remains a priority at Nelson Heights.

Our student advocacy counselor Ms. Castonguay continues to support students via phone calls, video counseling and sharing of resources. Simply contact her to setup a time to connect.

Ms. Castonguay's contact information:

Nelson Heights: 780-639-3388

marie.castonguay@nlsd.ab.ca

Useful links:

Kids help phone 24/7: 1-800-668-6868

Crisis Centre Helpline 24/7: 780-594-3353

AHS Mental Health: 780-639-4922

AHS website for resources and supports:

<https://www.albertahealthservices.ca/>