

# Counselor Connection

Miss Kelsey  
Turchyn, RSW



## My Role

- To provide universal, targeted, and individualized supports.
- To work in partnership with community agencies, school staff, students, and families.
- Provide preventative services and information on a variety of topics.
- Empower students by focusing on strengths.
- Promote positive mental health

## About Me

- I have worked as a Student Advocacy Counselor for the past 4 years at Cold Lake Elementary.
- I was born and raised in Cold Lake, AB.
- I am incredibly excited to be at NHS this year!

## Contact Information

kelsey.turchyn@nlsd.ab.ca  
(780) 639-3388

# Important Links and Resources

## Kids Help Phone

1-800-668-6868

24/7

<https://kidshelpphone.ca/>

- phone, text, and live chat options available.
- resources for youths



**Alberta Health  
Services**

## Mental Health

780-639-4922

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

- resources available for youth, adults, and parents.

## Crisis Centre

780-594-3353

- supports and resources available for women, children, youth, and men.
- emergency housing available

## Contact Information

kelsey.turchyn@nlsd.ab.ca  
(780) 639-3388