



## MENTAL HEALTH RESOURCES INVENTORY

School Year: 2025-2026

Effective: Nov. 2023

*To be updated annually and when there are changes to information.*

| Name/Resource            | Resource Type                                                                                                                                                                  | Access      | Contact                                                                 |
|--------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------|-------------------------------------------------------------------------|
| Mental Health Hotline    | Gov. Canada Hotline                                                                                                                                                            | phone       | 1.833.456.4566                                                          |
| Telecare Crisis & Caring | Faith-based support hotline                                                                                                                                                    | In BC phone | 1-888-852-9099                                                          |
| Ella LaFleur             | MACP, RCC                                                                                                                                                                      | Salmon Arm  | 780.868.4652                                                            |
| Kendra Kieft             | Clinical Counsellor                                                                                                                                                            | Salmon Arm  | 778.489.5630                                                            |
| Vlad Polyakh             | Clinical Counsellor                                                                                                                                                            | Salmon Arm  | 250.253.4384                                                            |
| Open Parachute           | Mental Health Resource<br>For Teachers & students                                                                                                                              | online      | <a href="https://openparachute.ca">openparachute.ca</a>                 |
| KCS Website              | Linked Resources                                                                                                                                                               | online      | <a href="https://kingschristianschool.com">kingschristianschool.com</a> |
| Paul Sutherland          | Safe Schools/Digital Threat<br>Assessment                                                                                                                                      | KCS         | psutherland@kingschristianschool.com<br>250.832.5200                    |
| Jason Mayer              | Safe Schools/Digital Threat<br>Assessment                                                                                                                                      | KCS         | jmayer@kingschristianschool.com<br>250.832.5200                         |
| Pam Treleaven            | <ul style="list-style-type: none"> <li>• Mental Health First Aid</li> <li>• Trauma Informed Practices</li> <li>• Psychological Health &amp; Safety in the Workplace</li> </ul> | KCS         | pamela@kingschristianschool.com<br>250.832.5200                         |