

Burke Central & Bowbells School Counseling Services

Christy Helwig, Ed.S. NCSP

During School Closure
to set up an appointment:
EMAIL Christy.helwig@k12.nd.us

I can invite you to join a Zoom meeting or call/chat with you at a scheduled time.

I will check email periodically between 9a-4p M-Th

MENTAL WELLNESS RESOURCES

Greater Good Mag: [Science Based Mental Wellness Practices, Resources, and Articles for students, parents, and educators facing COVID-19](#)

Common Sense Media: [FREE Educational Online Activities for kids](#) organized by category.

Disclaimer: I have not personally vetted all of these resources but believe these sites to have put more research into effective strategies than other sources (e.g. social media). Use at your own discretion.

**Join me for a 4 week virtual gratitude challenge
March 30-May 1**

[Gratitude Challenge from Mayo Clinic](#)

Gratitude, Acts of Kindness and Mindfulness are all part of this challenge: 3 of the most effective strategies for boosting happiness and improving mental wellness. I have already registered our schools with Mayo and will provide journal and resources to students. Parents are welcome to join the challenge.

Crisis Services

**North Central
Human Service Center**
(701) 857-8500 or
(888) 470-6968

<https://www.nd.gov/dhs/>

**National Suicide
Prevention Helpline**
1-800-273-8255

First Link: 2-1-1 OR
701-235-7335

State Crisis Text Line;
741741

**The Village
Family Service Center**
701-852-3328

Trinity Mental Health
701-857-2715

**In an
emergency,
please dial
9-1-1**