



**HEALTH PROMOTING SCHOOLS
MONTHLY NEWSLETTER
PARENT VERSION
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MENTAL WELLNESS

BC's New Mental Health and Addictions "Wellbeing" Website



Ministry of
Mental Health
and Addictions

Find out more about wellbeing, mental health, and substance use tools, resources, and services at [Wellbeing.gov.bc.ca](https://wellbeing.gov.bc.ca). The site is managed by the Ministry of Mental Health and Addictions.