

Supportive Resources During Covid19 Pandemic

Direct Support:

1. Anxiety Disorders Association of Manitoba Support Line 204-925-0040 (M-F 9am-9pm and Sat-Sun 10am-4pm)
2. Alneau Renewal Centre (counselors will provide a wellness check/counseling over the phone). Go to www.aulneau.com to complete form or call 204-987-7090
3. Sara Riel Peer Support line for those seeking contact with others or for those needing peer support because of stress or mental illness call 204-942-9276 or 204-231-0217
4. Substance Abuse and Mental Health Services Administration's Disaster Distress Helpline call 1-800-985-5990 or text "Talk With US" to 66746
5. For crisis or suicidal ideation: Klinik Community Health Crisis Line at 204-786-8686

Talking to your Kids about COVID 19

1. LRSD Website Information Sheet: Talking to Children About COVID 19 + FAQ
2. NASP link on how to talk to kids about Covid 19:
<https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-and-crisis/health-crisis-resources>
3. Children's Mental Health Ontario: Talking to Your Anxious Child About COVID 19
4. Anxiety and Depression Association of America: How to Talk to Your Anxious Child or Teen About Coronavirus
5. Mental Health and Coping During COVID 19 /CDC
<https://www.cdc.gov/coronavirus>
6. Talking to students about Coronavirus
See <https://wakelet.com>
7. The Coronavirus Free Printable Updated 2 The Autism Educator
8. Government Website: Wellness Together Canada

Online Anxiety Resources and APPS

1. Anxiety Canada <https://www.anxietycanada.com>
2. Anxiety Disorders Association of Manitoba
3. Worry Shrinker- Clinic Psychology .pdf
4. www.headspace.com/meditation/kids
5. Mindshift CBT App (Anxiety Canada)
6. Breathing Bubbles (for younger kids) or Breath Ball