

Resources to Support Families During Covid 19 Outbreak

Crisis Lines and Counselling Support:

Kids Help Phone:

- Text CONNECT to 686868
- 1-800-668-6868
- www.kidshelpphone.ca for live chat (midnight to 7:00 am)

Children's Mental Health Crisis Line (under 16 years of age)

- 613-966-3100

Crisis Intervention Line, Quinte Health Care (16 years of age and over)

- 613-969-7400 (say crisis)

Good2Talk Crisis Line (Post-Secondary students)

- 1-866-925-5454
- Text GOOD2TALKON to 686868

EAP (Employee Assistance Program) - if you have one

Addictions and Mental Health Services

<https://amhs-hpe.ca/>

Covid19 Specific:

TVO Kids videos

<https://www.tvokids.com/school-age/videos/stay-healthy-tvokids/sick-day-friday-march-13>

School Mental Health Ontario:

<https://smho-smso.ca/blog/how-to-support-student-mental-health-during-the-covid-19-pandemic/>

Mental Health Support:

Canadian Mental Health Association

<https://ontario.cmha.ca/>

Bell Let's Talk

<http://letstalk.bell.ca/>

Hincks Dellcrest, the ABCs of Mental Health

<http://www.hincksdellcrest.org/ABC/Parent-Resource/Welcome>

Centre for Addiction and Mental Health

<http://www.camh.ca/>

Support for Anxiety:

Mental Health Commission of Canada

<https://www.mentalhealthcommission.ca/English/content/anxiety-bc>

Anxiety Canada

<https://www.anxietycanada.com/learn-about-anxiety/anxiety-in-youth//learn-about-anxiety/anxiety-in-youth/>

Mind Your Mind

<http://mindyourmind.ca/>

Hastings Prince Edward Children and Youth Services Network, Parents

<http://www.hpechildrenandyouth.ca/parents/>

Infant Mental Health

<http://www.imhpromotion.ca/>

Bullying / Cyber bullying / Internet:

PrevNet

<http://www.prevnet.ca/>

Need Help Now

<http://needhelpnow.ca/app/en/>

Parenting:

Parenting and Child Health

<http://www.cyh.com/HealthTopics/HealthTopicsAlpha.aspx?p=121>

Triple P: Positive Parenting Program

<https://www.triplep-parenting.ca/ont-en/triple-p/>

Free Apps:

- MindShift
- Headspace
- Breathe (Sesame Street)
- Calm (7 day free trial)

Social Emotional Learning and Fun:

Go Noodle:

<https://www.gonoodle.com/>

Go Zen:

<https://gozen.com/allprograms/>

Cosmic Kids Yoga:

<https://www.cosmickids.com/>

<https://www.cosmickids.com/category/watch/>

Sesame Street Videos: google sesame street social emotional learning videos