Supportive Resources During Covid19 Pandemic

***Direct Support:***

1. Anxiety Disorders Association of Manitoba Support Line 204-925-0040

M-F 9am-9pm

Sat-Sun 10am-4pm

1. Alneau Renewal Centre (counselors will provide a wellness check/counselling over the phone)

Go to [www.aulneau.com](http://www.aulneau.com) to complete form

204-987-7090

1. 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

204-231-0217

1. Substance Abuse and Mental Health Services Administration’s Disaster Distress Helpline

1-800-985-5990 or text “Talk With US” to 66746

1. For crisis or suicidal ideation: Klinic Community Health Crisis Line 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](https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-%20%20%20%20%20%20%20%20%20%20climate)-and-crisis/health-crisis-resources

1. Children’s Mental Health Ontario: Talking to Your Anxious Child About COVID 19
2. Anxiety and Depression Association of America: How to Talk to Your Anxious Child or Teen About Coronavirus
3. Mental Health and Coping During COVID 19 /CDC

https://[www.cdc.gov/coronavirus](http://www.cdc.gov/coronavirus)

1. Talking to students about Coronavirus

See <https://wakelet.com>

1. The Coronavirus Free Printable Updated 2 The Autism Educator

**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