

Mental Health during COVID-19

We understand that this is a challenging time for everyone and it is normal to be anxious and worried. Looking after your physical and mental health will help you and everyone around you be more resilient and in a better position to deal with this situation.

We have compiled a list of online resources that provide factual information and tips to support student, staff, and parent/guardian mental health and well-being during the Covid-19 pandemic.

Please note that this is not intended to be a resource for people who require screening for COVID-19 or are experiencing a mental health crisis. If you are experiencing a mental health crisis, please contact 911 immediately or present to your nearest emergency department.

[Mental health and the COVID-19 Pandemic](#)

The Centre for Addiction and Mental Health (CAMH)

[Managing COVID-19 Stress, Anxiety & Depression](#)

The BC Government has compiled tips and resources for Coping with the COVID-19 pandemic.

[COVID-19 Mental Health @ Work](#)

For employees experiencing worry, anxiety, or stress during This outbreak, the Government of Canada's *Centre of Expertise on Mental Health in the Workplace* has created This resource.

[How to Talk to Kids and Teens About the Coronavirus](#)

Erin Walsh, M.A. and David Walsh, Ph.D explain this in a Detailed *Psychology Today* article.

[Traditional Indigenous Kinship Practices at Home: Being Child-Centered During the Pandemic](#)

March 16, 2020 by **indigenoumotherhood**, posted in *indigenous parenting*.

[Kids Help Phone](#)

Kids Help Phone offers 24/7, confidential, nation-wide support service. You can call them at 1-800-668-6868, text, or on-line chat.

Additional Resources

Practice Self-Care

Build self-care into your day, even (and especially) as activities change and routines are disrupted. All the things you do to take care of yourself will help manage your stress. And by taking good care of yourself, you'll be better prepared to take care of others. Some self-care ideas:

- Meditate
- Play a board game
- Practice deep breathing
- Take a bath
- Read about something other than the virus
- Cuddle your pet
- Start a digital detox (leave your phone alone for a while)
- Exercise