

## Supports Available during COVID-19

### Direct Chat/Text/Phone Supports

1. <https://kidshelpphone.ca/>

If you are a child/youth needing support right now, Kids Help Phone provides support via. Text, phone and live chat over the web.

**Kids Help Phone: 1-800-668-6868**

2. <https://www.youthspace.ca/>

Online/text crisis and emotional support chat. We listen without judgement, and keep chats confidential & anonymous. FOR ONTARIO: Hours of operation are from 9:00pm till 3:00am.

**Youth Space Text: 778-783-0177** (This number is based out of British Columbia)

3. <https://www.connexontario.ca/>

This website provides free and confidential health services information for people experiencing problems with alcohol and drugs, mental illness and/or gambling.

**Mental Health Hotline: 1-866-531-2600**

4. <https://wesforyouthonline.ca/>

Wellness and emotional support for youth online.

**Should you feel there is a crisis, please contact crisis supports through COAST, available 24 hours a day by phone at (905) 972-8338, or attend your nearest Emergency Department.**

### Children/Youth and Family Website Resources:

The websites below can provide educational and mental health supports for children/youth and parents.

1. <https://classroommagazines.scholastic.com/support/learnathome.html>

Even when schools are closed, you can keep the learning going with these special cross-curricular journeys. Kids can do them on their own, with their families, or with their teachers. Just find your grade level and let the learning begin!

2. <https://www.discoveryeducation.com/community/virtual-field-trips/>

These virtual field-trips let parents take children to amazing places and give them remarkable experiences, without ever leaving their home.

3. <https://kidsactivitiesblog.com/135609/list-of-education-companies-offering-free-subscriptions/>

Entire list above of education companies offering free subscriptions due to school closings. All you need to do is click the link and follow the instructions on that website to sign-up.

4. <https://on.familieschange.ca/>

Helping kids, teens and parents deal with a family break-up

5. <https://www.hockeycanada.ca/en-ca/hockey-programs/safety/cyberbullying/resources-games/the-door-thats-not-locked>

Learning what online activities are popular and how your child uses them, to discovering ways to talk to your child about healthy versus unhealthy relationships, this website will give you the important information you need.

6. <https://www.anxietycanada.com/>

Expert tools and resources to help Canadians manage anxiety.

7. <https://www.cmho.org/education-resources/youth-resources>

Curious to learn more about mental health issues, what feelings and behaviours are considered normal for you or your friends? We have compiled a list of resources that can help.

8. [http://www.shared-care.ca/files/Websites\\_Revised\\_April\\_2015.pdf](http://www.shared-care.ca/files/Websites_Revised_April_2015.pdf)

Child & Youth Mental Health Toolkits Electronic/Online Resources – Websites

9. <https://anxietypanicsupport.com/>

This peer-to-peer anxiety support network lets people chat online with someone who understands their experiences in dealing with anxiety. It's another place that you can turn to on a 24-hour-a-day, seven-days-a-week basis for mental health help.

10. <https://bouncebackontario.ca/>

Bounce Back is a free skill-building program managed by the Canadian Mental Health Association (CMHA). It is designed to help adults and youth 15+ manage low mood, mild to moderate depression and anxiety, stress or worry. Delivered over the phone with a coach and through online videos.

11. <https://my3app.org/safety-planning/>

This website can provide guidance in writing a safety plan.

12. <https://mindyourmind.ca/>

MindYourMind exists in the space where mental health, wellness, engagement and technology meet. We work with community partners and young people aged 14 to 29 to co-create interactive tools and innovative resources to build capacity and resilience

## Mental Health/Mindfulness/Support Apps Available

This list below provides applications that are available on your devices. You may download on your phone, I-pad or tablet. Most should be compatible with IOS (apple) systems, as well as Android.

1. <https://mashable.com/article/apps-kids-mindfulness-control-emotions/>

Apps to help children understand and control their emotions.

2. <https://www.psychologytoday.com/ca/blog/how-do-life/201510/top-apps-your-mental-health>

The above website provides Apps that can help support your mental health.

3. **MindShift CBT** – MindShift™ CBT uses scientifically proven strategies based on Cognitive Behavioural Therapy (CBT) to help you learn to relax and be mindful, develop more effective ways of thinking, and use active steps to take charge of your anxiety.

4. **Virtual Hope Box** – Simple tools to help individuals with coping, relaxation, distraction, and positive thinking.

5. **Live OCD Free** – Provides an exceptional interactive self-help tool for those who do not have access to an OCD specialist.

6. **Brili** – Ultimate system to help families with children stay on task and on time every day.

7. **The Life Line App** – National free Suicide Prevention and Awareness App that offers access and guidance to support for those suffering in crisis and those who have suffered the devastating loss of a loved one from suicide. The LifeLine App also provides awareness education and prevention strategies to guide people in crisis all across the Globe.

8. **Headspace** – Headspace is meditation made simple. We'll teach you the life-changing skills of meditation and mindfulness in just a few minutes a day.

9. **Moodpath** – If you're struggling with depression or anxiety, Moodpath is the leading mental health app to guide you toward emotional well-being.

10. **Calm** – Meditation, anxiety, stress, mindfulness and sleeping better.

11. **Mood by Mind Your Mind** – Provides an opportunity to track your mood and emotions in a fun way.

12. **Breath** – Mindfulness, calming and meditation app. This app can assist you with taking a moment to “breathe”.

13. **BeSafe** - Be Safe is a mobile app that aims to help young people make a decision about seeking help in a crisis.

## **For Parents: Basic Needs**

1. <https://www.canada.ca/en/employment-social-development/corporate/notices/coronavirus.html>

Coronavirus disease – Employment and Social Development Canada

2. <https://www.hamilton.ca/alert/95791>

Updates on COVID-19 – City of Hamilton

3. <https://www.hamilton.ca/public-health/covid-19/covid-19-assessment-centres>

City of Hamilton COVID-19 Assessment Centres

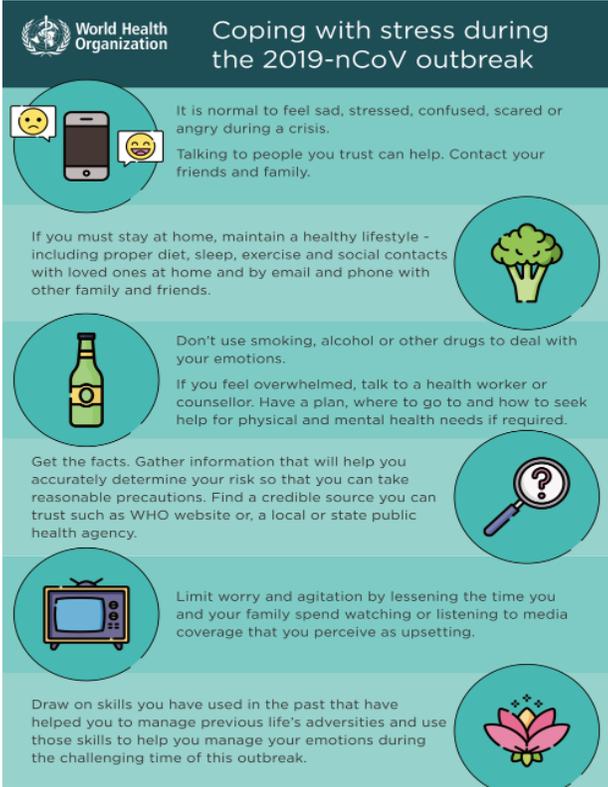
4. <https://www.unicef.org/coronavirus/how-talk-your-child-about-coronavirus-covid-19>

Unicef: How to talk to your children about COVID-19

5. <https://www.anxietycanada.com/articles/what-to-do-if-you-are-anxious-or-worried-about-coronavirus-covid-19/>

What to do if YOU or someone you know, are feeling anxious/worried about COVID-19

## **-AND REMEMBER-**



**World Health Organization** Coping with stress during the 2019-nCoV outbreak

It is normal to feel sad, stressed, confused, scared or angry during a crisis. Talking to people you trust can help. Contact your friends and family.

If you must stay at home, maintain a healthy lifestyle - including proper diet, sleep, exercise and social contacts with loved ones at home and by email and phone with other family and friends.

Don't use smoking, alcohol or other drugs to deal with your emotions. If you feel overwhelmed, talk to a health worker or counsellor. Have a plan, where to go to and how to seek help for physical and mental health needs if required.

Get the facts. Gather information that will help you accurately determine your risk so that you can take reasonable precautions. Find a credible source you can trust such as WHO website or, a local or state public health agency.

Limit worry and agitation by lessening the time you and your family spend watching or listening to media coverage that you perceive as upsetting.

Draw on skills you have used in the past that have helped you to manage previous life's adversities and use those skills to help you manage your emotions during the challenging time of this outbreak.

## **Managing Anxiety/Worry Amid COVID-19 Times**

With many concerned with the new reality we are faced with during this time of pandemic planning and measures taken, it is important that each of us take the time to consider our own experiences of day to day challenges and how to care for ourselves and those around us.

We would like to offer the following three points to consider when anxiety becomes overwhelming.

### **1. Anxiety can be useful**

- Anxiety offers us a lot of important information. It lets us know when we are threatened and feeling unsafe, when we should take caution, and it reminds us of what is important to us. We don't normally worry about things that are not important. If worry and anxiety are a big part of your thinking right now, that's because you really care about yourself, your well-being and the well-being of those you care about. In fact, not having anxiety during these times is not a reasonable expectation.

### **2. Talk About It**

- During times like these, having a heightened sense of anxiety is completely normal. Letting those around you know about your experience is an important strategy to be able to cope with the negative and scary thoughts we may have. Be sure to reach out especially to your caregivers and important adults in your life, any helping professionals you are connected to, and, if you feel completely overwhelmed contact COAST at 905-972-8338.

### **3. Do What Already Works, And Try Something New**

- So often we don't give ourselves enough credit. Everyone has examples of times when anxiety and worry have been big, and they have found ways to cope well. Be sure to think of examples of ways you have coped well with anxiety and worry in the past. Many people say taking a warm bath, reading a good book, listening to your favorite music, exercising, playing video games that connect you with others, or any other ways that you have found that work.
- This may also be a good time to expand the tools in your anxiety-busting toolbelt by trying something new. With more time to yourself, now may be a great opportunity to experiment with anxiety reducing methods that have been well researched. Practicing mindfulness has been shown to be useful to numerous people in just about every situation. Connecting, or reconnecting with spiritual or cultural practices may be something to consider as well. One of the most useful ways of bringing anxiety back under control is to focus on and control your breathing using a variety of breathing exercises.
- In this time when social distancing has become our new reality, we want to find creative ways of staying connected with those who are important to us. Connecting via social media, face-time, or just old-fashioned phone calls will be important to limit social isolation.

There are also several free resources that can be very useful in reducing the effects of anxiety in times such as these:

- **Apps to download:**
  - COVE: Music for Mental Health
  - Insight Timer – meditation app
  - The Breathing App
  - Breath Work
  - Breathe: Meditation and sleep
  
- KIDS Helpline – 1-800-668-6868
- COAST – Crisis Outreach and Support Team – 905-972-8338
- <https://www.facebook.com/groups/Hamont.Response.COVID19/>

## **Activities for Children, Families, and Direct Support Providers to Enjoy during Social Distancing**

### **Virtual Field Trips**

[https://thecanadianhomeschooler.com/5-canadian-virtual-field-trips/?utm\\_campaign=shareaholic&utm\\_medium=facebook&utm\\_source=socialnetwork](https://thecanadianhomeschooler.com/5-canadian-virtual-field-trips/?utm_campaign=shareaholic&utm_medium=facebook&utm_source=socialnetwork)

<https://adventuresinfamilyhood.com/20-virtual-field-trips-to-take-with-your-kids.html>

[https://docs.google.com/document/d/1SvIdgTx9djKO6SjyvPDsoGlkgE3iExmi3qh2KRRku\\_w/mobilebasic](https://docs.google.com/document/d/1SvIdgTx9djKO6SjyvPDsoGlkgE3iExmi3qh2KRRku_w/mobilebasic)

[https://www.romper.com/p/while-disney-world-disneyland-are-closed-take-your-kids-on-virtual-rides-22622893?utm\\_source=facebook&utm\\_medium=owned&utm\\_campaign=romper&utm\\_content=1584384902&utm\\_term=share](https://www.romper.com/p/while-disney-world-disneyland-are-closed-take-your-kids-on-virtual-rides-22622893?utm_source=facebook&utm_medium=owned&utm_campaign=romper&utm_content=1584384902&utm_term=share)

[https://www.allrecipes.com/syndication/museums-with-virtual-tours/?utm\\_content=internalsyndication\\_travelandleisure&utm\\_term=D9D7D4BC-67B4-11EA-92F0-F81C2FEB5590&utm\\_source=facebook.com&utm\\_campaign=allrecipes\\_allrecipes&utm\\_medium=social](https://www.allrecipes.com/syndication/museums-with-virtual-tours/?utm_content=internalsyndication_travelandleisure&utm_term=D9D7D4BC-67B4-11EA-92F0-F81C2FEB5590&utm_source=facebook.com&utm_campaign=allrecipes_allrecipes&utm_medium=social)

### **Exercise**

<https://www.kqed.org/mindshift/55533/exercise-tips-to-help-kids-teens-and-families-stay-balanced-at-home?fbclid=IwAR04IU1PtzYrtg6fpqR2tFNDpo8uhcDNzs8DwrtVewL-vbSD5iIU5FRNLC0>

<https://linkprotect.cudasvc.com/url?a=https%3a%2f%2fwww.thebodycoach.com%2fblog%2fpe-with-joe-1254.html&c=E,1,DDznOD2Egeq11P1-sIowyPV2zg38abdSWG2GELoZOrulNTQYrW6WShAhuKa-PnQUq-aUDkFOzRKKZJ8P-xtHN-rsOTXFJ4NJo2EaYMCxHXD&typo=1>

[https://linkprotect.cudasvc.com/url?a=https%3a%2f%2fvimeo.com%2fshowcase%2f6880106&c=E,1,cHhLvp-Qbpe4iXJz5kUTYWX5g0IEh2Wwzvdgyw0B6PYfOQhqPjshCuJTyYsZLv69mXZrUeUwRAV93MOVOK9xMNW94pXdmj0fr\\_hR92j\\_xVnK0Y,&typo=1](https://linkprotect.cudasvc.com/url?a=https%3a%2f%2fvimeo.com%2fshowcase%2f6880106&c=E,1,cHhLvp-Qbpe4iXJz5kUTYWX5g0IEh2Wwzvdgyw0B6PYfOQhqPjshCuJTyYsZLv69mXZrUeUwRAV93MOVOK9xMNW94pXdmj0fr_hR92j_xVnK0Y,&typo=1)

## **Gardening**

<https://blog.gardeningknowhow.com/top-of-the-crop/top-5-plants-seed-propagation-kids/>

<http://www.canadagardener.com/starting-plants-from-seed/>

<https://kidsgardening.org>

<http://www.peepandthebigwideworld.com/en/educators/curriculum/family-child-care-educators/plants/activity/guided-activity/157/planting-bean-seeds/>

## **Arts, Crafts, and Creative Play**

<https://mailchi.mp/89e346c118ac/sensoryrecipes>

<https://entertainkidsonadime.com/2020/03/13/100-activities-to-do-at-home-during-school-closures/>

<https://www.kidspot.com.au/school/primary/learning-and-behaviour/50-favourite-play-based-learning-activities-chosen-by-parents/news-story/eb3cf2fd9fc727cc86f326eff9e8ed8f>

<https://learnincolor.com/educational-activities-for-when-youre-stuck-indoors.html>

[http://wildfreeandcrafty.com/2020/03/15/free-online-art-lessons-for-kids/?fbclid=IwAR3D-wLp5oeJouhCVyqjK7MAeufpGnh7\\_3265cfkvVZ6evDrg9pvNo7M1rk](http://wildfreeandcrafty.com/2020/03/15/free-online-art-lessons-for-kids/?fbclid=IwAR3D-wLp5oeJouhCVyqjK7MAeufpGnh7_3265cfkvVZ6evDrg9pvNo7M1rk)

<https://thecanadianhomeschooler.com/lego-challenge-cards-printable/?fbclid=IwAR2LXWHtUbqMriZIRVs9UYA9dWR4tHk1seHob7H3xFdH1BCzNyXU-fOx0iM>

<https://www.parents.com/familyfun-magazine/>

<https://www.thebestideasforkids.com/fluffy-slime-recipe/>

<https://parentingchaos.com/homemade-bath-paints/>

<http://www.kraftcanada.com/recipes/jell-o-play-dough-157617>

<https://www.playdoughtoplato.com/100-free-playdough-mats/>

<https://parentingchaos.com/diy-washable-sidewalk-chalk-paint/>

[https://linkprotect.cudasvc.com/url?a=https%3a%2f%2fwww.whatdowedoallday.com%2ffun-indoor-games-for-kids%2f&c=E,1,UowZP-CXbafbtR8LsUQXzBeNM2RYilMKIjJab18i2hMIZB0n5n8j2ffhYOBDcVame-5TcRqq\\_YQgRBWnCj6I4Sk6HdjIE9\\_MqJILtP54BIE.&typo=1](https://linkprotect.cudasvc.com/url?a=https%3a%2f%2fwww.whatdowedoallday.com%2ffun-indoor-games-for-kids%2f&c=E,1,UowZP-CXbafbtR8LsUQXzBeNM2RYilMKIjJab18i2hMIZB0n5n8j2ffhYOBDcVame-5TcRqq_YQgRBWnCj6I4Sk6HdjIE9_MqJILtP54BIE.&typo=1)

## **Outdoor Fun**

<http://maximalisttominimalist.com/kids-outdoor-activities/>

<https://lookaside.fbsbx.com/file/Outdoor%20Ideas%20365.pdf?token=AWyHj3IFLFGRRtugHiSsknvYFUoQCBVj->

[XQHd0UVJ\\_0LMcF8wBzkTq4mo5EWlqZrhubSuEbNL4E8tQ0BKm1XeKXEDsuo60hdkUoi6I-I-Sr2GWw-](XQHd0UVJ_0LMcF8wBzkTq4mo5EWlqZrhubSuEbNL4E8tQ0BKm1XeKXEDsuo60hdkUoi6I-I-Sr2GWw-)

[K7ly8IXIYOICFZrqUMiPZTKGK8YqdLRGOR533Av6Wxtn2s0Mb2M1H7y32UhkGfE7Ro15N6VsyOB\\_bef2iMg4UqVOZZcIof\\_sXKpDFQcB](K7ly8IXIYOICFZrqUMiPZTKGK8YqdLRGOR533Av6Wxtn2s0Mb2M1H7y32UhkGfE7Ro15N6VsyOB_bef2iMg4UqVOZZcIof_sXKpDFQcB)

<https://littlepinelearners.com/blog/>

## **Free Educational Resources**

<http://www.kidsites.com>

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

<https://www.kanopy.com>

[https://www.windsorpubliclibrary.com/?page\\_id=24](https://www.windsorpubliclibrary.com/?page_id=24)

<https://pitchfork.com/news/moog-and-korg-release-synthesizer-apps-for-free-amid-social-distancing/>

<https://www.wvxu.org/post/museums-libraries-zoo-offer-online-programs-during-coronavirus-closures#stream/0>

<https://www.common sense.org/education/top-picks/10-great-free-websites-for-elementary-school>

<https://www.cbc.ca/parents/learning/view/curio.ca-a-teacher-resource-is-now-free-for-families-to-use?fbclid=IwAR3-oDdvc08CJRfEC148bvI1LEd06EhaUJ0hBXFbalIHRLc05-SiYVHiCV4>

<https://dreme.stanford.edu/news/easy-recipes-will-get-your-family-talking-about-math>

<https://www.mkewithkids.com/post/here-are-two-weeks-worth-of-fun-and-easy-science-experiments>

<https://disneyparks.disney.go.com/blog/2019/08/walt-disney-imagineering-partners-with-khan-academy-to-bring-you-imagineering-in-a-box/>

[https://linkprotect.cudasvc.com/url?a=https%3a%2f%2fcodewizardshq.com%2fcoding-for-kids-free%2f&c=E.1.C7TBnDb6SAuTRf8UTNFbuXU8\\_0KnJ4IY6VbIJvMiXTSAc7r5O2JFCzj3wqu0DMCCdgvI2BUB6EvXNGt78Ak9bhpwWqdYL05\\_aEd5fX5xK76zz1uWZFSNkzxeamQx&typo=1](https://linkprotect.cudasvc.com/url?a=https%3a%2f%2fcodewizardshq.com%2fcoding-for-kids-free%2f&c=E.1.C7TBnDb6SAuTRf8UTNFbuXU8_0KnJ4IY6VbIJvMiXTSAc7r5O2JFCzj3wqu0DMCCdgvI2BUB6EvXNGt78Ak9bhpwWqdYL05_aEd5fX5xK76zz1uWZFSNkzxeamQx&typo=1)

## **Mindfulness and Self-Care**

<https://www.mindfulschools.org/free-online-mindfulness-class-for-kids/>

<https://confidentparentsconfidentkids.org/2020/03/13/my-kids-school-is-closed-so-now-what/>

<https://littlepuddins.ie/wp-content/uploads/2020/03/The-Corona-Virus-Free-Printable-Updated-2-The-autism-Educator-.pdf>

<https://kidshealth.org/en/parents/coronavirus-how-talk-child.html>