

Resources for Coping, Mental-health, and Wellbeing during the COVID-19 Pandemic

Referred to during our Condo Webinar - Episode 7 “The Long and Windy Road” (April 29, 2020)

Resources for Supporting Children/Youth:

- [How to talk](#) to kids about COVID-19 .
- [How to support](#) children with autism through uncertain times.
- Techniques from around the world to [help calm your kids](#).
- School Mental Health Ontario has some really [great resources](#) for supporting the mental health and wellbeing of children and youth.
- Child Trends - ways to [support children's emotional well-being](#) during the Pandemic.
- Child Trends - how we can help to [promote children's resilience](#) during this time to help buffer them from potential adverse negative impact.

Books/Stories for Children to Explain COVID-19:

- [COVID booklet](#) for kids.
- [An interactive book](#) for kids explaining COVID. It is available in multiple languages.
- My Hero is You, [Storybook for Children](#) on COVID-19 available in multiple languages.
- [The Story of the Oyster and the Butterfly](#): The Corona Virus and Me.

Parenting Resources:

- [Parent/Caregiver guide](#) to helping families cope with the Coronavirus Disease 2019 (COVID-19).
- [Triple P document](#) for supporting kids during uncertain times
- The Child Development Institute [resource page](#) including resources for talking to Kids about Covid, some amazing strategies for coping with working from home, safety concerns and planning for families where domestic violence is a concern, and other great resources. When you click on the link, just scroll down to access all the resources.
- [Repairing your relationship](#) with your child after an argument
- [Managing children](#) while working from home
- [10 Solutions](#) to save your sanity during the Coronavirus Pandemic school closures.
- [What to say](#) to your child about the Coronavirus and how to cope as a parent.
- [“The Pandemic Toolkit Parents Need”](#).

Trauma Specific Resources for Children/Youth and Adults:

- Covid-19 Pandemic [Coping Strategies for youth](#) with a history of complex trauma.
- [Complex Trauma](#) and COVID.
- Coping Guide for [Complex Trauma Survivors](#) Contending with COVID-19 Pandemic.
- This is an [amazing link](#) called the Trauma Therapist Project. There are 3 interview chats with some amazing leaders in the field of trauma. Each is 30 minutes and they are full of wisdom and helpful practical suggestions for managing during this time. I especially recommend the one by Dr. Bruce Perry who highlights how even small check ins with people can have a remarkable impact on the brain and regulation.

Resources/Supports for Adults:

- [Mental Health Resource Hub](#) – includes great links for coping, supporting children and youth, and other ways to take care of our mental health during this challenging time.
- [5 ways to watch](#) news coverage of Corona Virus.
- [Managing stress](#) and anxiety for adults.
- [CAMH Covid-19](#) and Mental Health Resources.
- [Emotion Regulation](#) during Covid-19.
- [Managing and coping](#) with social-distancing and isolation.
- [Tolerance for Uncertainty: A COVID-19 Workbook](#).
- [Digital Resource Toolkit](#) with other great resources including mental health support apps.

- Dr. Bruce Perry created an amazing series of [very short webinars](#) (15-30min focused on Covid-19 Stress, Distress & Trauma. It focuses on various topics about coping and supporting others during this pandemic.
- Shopper's Drug Mart website on mental health and wellbeing including a [free online stress management program](#) to help with stress management and resilience building.
- Self-Care is so important as we are all undergoing a ton of stress. KW Counselling has a number of great [self-care apps](#) to help people manage stress through activities such as anxiety management, mindfulness, and other activities.
- [How to take care of your mental health.](#)
- The Interagency Standing Committee Briefing [note on Mental Health](#) and Psychosocial Support in Emergency Settings. This briefing note summarizes key mental health and psychosocial support (MHPSS) considerations in relation to the 2019 novel coronavirus (COVID-19) outbreak.
- The Key Sections of this Document to use to support our work include:
 - Helping older adults cope with stress during the COVID-19 outbreak
 - Supporting the needs of people with disabilities during the COVID-19 outbreak
 - Messages and activities for helping children deal with stress during the COVID-19 Outbreak
 - Mental Health and Psychosocial Support activities for adults in isolation/quarantine
 - Supporting people working in the COVID-19
- The OACAS has a [great resource page](#) with many different resources to support coping, mental health and wellbeing.
- The Ontario Institute for Studies in Education at the University of Toronto has a page with some [great resources](#) around coping with the stress associated with COVID-19. I included some of the resources on breathing and relaxation in the town hall presentation but they have a bunch more listed on their site so I wanted to share.

Workbooks for Coping:

- Tolerance for Uncertainty [Workbook](#).
- WE.Org Well-being [Playbook](#) – addresses all the dimensions of well-being.
- Dr. Nadine Burke Harris – California Surgeon General's [Playbook](#): Stress Relief during COVID-19:
- Free app – PTSD Coach Canada (not just for PTSD!) – tap 'manage symptoms' then at the top tap 'tools' – provides coaching on breathing, muscle relaxation, mindfulness, sleeping, healthy thinking, etc.

Positive News and Resources to Enhance Mood:

- Action for Happiness” is “a movement of people committed to building a happier and more caring society”. The site has amazing resources (click [here](#)) but one resource in particular would be great for ourselves but also to share with families. It is a coping calendar that lists a great daily coping activity. Click [here](#) for the calendar.
- If you still feel a need to watch the news, try and also make time to look at the “good news” too. Here is a link for the good news network that shares positive stories and videos. Click [here](#).
- Instant mood boosters click [here](#)
- Thirteen things to improve your mood in 30 seconds or less click [here](#)
- 5 instant mood boosters to try today click [here](#)
- #United by good: The Good in the Midst of the Corona Virus - [video](#) highlighting all the wonderful things people are doing to support one another.