**Well-being and Mental health Resources**

**Priorities**:

* Share Mental Wellness activities (links to existing agencies or organizations) with families
* Review Critical Incident Response Teams for every school and model to address trauma in a virtual setting. Review and adapt the intervention model. Prepare for furture grief or trauma.
* Maintain counselling services for students that were on caseload at school. Address how to do this in a virtual setting and respect confidentiality.

Wellness and/or Mental Health ***activities*** for:

|  |  |  |
| --- | --- | --- |
| **Students** | **Staff** | **Families** |
| **The WE Wellbeing Playbook** <https://www.we.org/en-CA/get-doing/.activities-and-resources/wellbeing/we-well-being-playbook-and-resources/we-well-being-resources>  **Towards Flourishing for All-Everyday Strategies**  **Contact Info** [mentalhealthpromotion@wrha.mb.ca](mailto:mentalhealthpromotion@wrha.mb.ca)  **Series of YouTube videos on mental wellbeing**  <http://feelbrave.com>  **Social /emotional wellbeing**  <http://bethere.org>  **Mindfulness for Teens-Guided Meditations**  <http://mindfulnessforteens.com/guided-meditations/> | **Manitoba Teacher Society**  <http://www.mbteach.org/mtscms/category/eap/>  204-837-5801 or toll free 1-800- 378-8811  **Manulife Resilience Program**  [www.myresilience.com](http://www.mbteach.org/mtscms/category/eap/)  1-866-644-0326  Robyn Priest: <https://www.robynpriest.com/>  has several free support groups applicable for staff and parents  **Manitoba Addictions Helpline** 1-855-662-6605  <https://afm.mb.ca>  **24-Hour Problem Gambling Helpline Toll-Free** 1-800-463-1554  **Available SOON:**  An online Cognitive Behavioural Therapy (CBT) program will soon be available to Manitobans aged 16 and over who are struggling with anxiety related to the COVID-19 pandemic. The program, called AbilitiCBT, is being made available to Manitobans as a result of a Government of Manitoba investment and is expected to be available by mid-April at  <https://manitoba.ca/covid19/bewell/> | **KidThink**-<https://www.kidthink.ca/>  [(431) 388-5373](tel:1-431-388-5373)  **School Mental Health Ontario**  How to support your child’s mental health during COVID 19 pandemic  https://smho-smso.ca/covid-19/parent  **Parents ’Wellbeing- Young Minds**  <https://youngminds.org.uk>  Identifying Calming Strategies/Breaks for you and your child  **Make it stick Parenting**  [www.makesociallearningstick.com](http://www.makesociallearningstick.com)  **Big Life Journal-Free resources:** <https://biglifejournal.com/pages/freebies>  <https://biglifejournal.com/blogs/blog/stay-at-home-printable-pack-families>  **School Mental Health Ontario**  <https://smho-smso.ca/blog/12-easy-and-fun-mental-health-practices-to-try-with-your-children-at-home/>  **Resources-dealing with trauma**  <https://drive.google.com/drive/u/0/folders/1iiMKRWU2OG1-56cs8dibPsZkQ97S3YCU>  **Manitoba Association of Women’s Shelter’s confidential provincial toll-free crisis line**: 1-877-977-0007  **Services/Advocay/Social Outings for Youth In CFS Care:**  Voices: 204.975.4776 |
| **Applicable to all groups:**  **Mood Disorders Association of Manitoba**  [http://www.mooddisordersmanitoba.ca](http://www.mooddisordersmanitoba.ca/)  Warm Line: 204-786-0987  **Mood Disorders Association of Manitoba – Several On Line Support Groups :** <http://www.mooddisordersmanitoba.ca/> sign up here  <https://www.surveymonkey.com/r/WPQLZSZ>  **Anxiety Canada** : <https://www.anxietycanada.com/>  **Rainbow Resource Center**:  <https://rainbowresourcecentre.org/news/2020/update-from-rainbow-resource-centre> - continuing to offer all services and phone / zoom counselling to the 2SLGBTQ+ community throughout this crisis  **Manitoba Suicide Line**  1-877-435-7170  **Anxiety Disorders of Manitoba Support Line**:  <http://www.adam.mb.ca/blog/adam-s-new-support-line-info> | | |

Wellness and/or Mental Health ***resources*** for:

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| --- | --- | --- |
| **Students** | **Staff** | **Families** |
| **All Nations Coordinated Response**  204-944-4050 or 1-866-345-9241  **Nor West Youth Hub**  <https://norwestcoop.ca/resource-centres/youth-hub/>  204-221-9800  **Canadian Mental Health Association: Peer Support:** <https://mbwpg.cmha.ca/programs-services/peer-support/>  **Klinic Crisis Line**  204-786-8686 or 1-888-322-3019  **Kids Help Phone Teen Line**  [https://kidshelpphone.ca](https://kidshelpphone.ca/)1-800-668-6868 or text 686868  **Seneca House**  <https://www.sararielinc.com/en/seneca-warm-line/>  Warm Line: 204-942-9276  **Aulneau Renewal Centre – Wellness Check In by phone –** this is not a counselling session but a free information/ coping session  <https://aulneau.com/>  (204) 987-7090  **First Nations and Inuit, Hope for Wellness Helpline**  1-855-242-3310  **Youth Mobile Crisis**  204-949-4777 or 1-888-383-2776 | **Adult Mobile Crisis**  204- 940-1781  **Winnipeg Teachers Association Counselling – Keystone Counselling**  Offering telephone sessions for all WTA members and their family members in the home 14 years of age and over  Contact: Jake Schmidt 204- 338-3339 – North Kildonan  Janet Bergsgaard 204- 41701203 – Downtown  Monique Raimbault 204-774-4269 – West End / Wolseley | **Mental Health Resources for Winnipeg**  <http://www.mbwpg.cmha.ca/about-cmha/contact-us/> (204) 982-6100  **Canadian Mental Health Association Service Navigation Hub**  <https://mbwpg.cmha.ca/cmha-service-navigation-hub/>  204- 775-6442  **Crisis Response Center - Mental Health Crisis**, 817 Bannatyne Avenue Wpg.  204-940-1781 |

Wellness and/or Mental Health ***apps/podcast/websites*** for:

|  |  |  |
| --- | --- | --- |
| **Social** | **Emotional** | **Physical** |
| Facetime | Mind Shift-Anxiety | Sworkit **Kids** |
| Skype | Calm- Anxiety $ | Kids Yogaverse: I AM LOVE |
| Zoom | Breathe2relax-stress | <https://justdancenow.com/> |
| Whats app | Headspace-meditation $ | <https://www.gonoodle.com/> |
| Facebook Messenger | Big Life Journal Pod cast for kids: <https://biglifejournal.com/pages/podcast> | You Tube- Yoga with Adrienne  <https://www.youtube.com/user/yogawithadriene> |
| Google Hangouts | Smiling Mind |  |
| Houseparty | Breathe |  |
|  | Happy Color |  |
|  | CBT-icoach |  |
|  | Mood Gym- <http://ww1.moodgym.com/> |  |

**Other Ressources:**

<http://www.stresshacks.ca>

[https://www.anxietycanada.com](http://www.adam.mb.ca/)

<http://www.adam.mb.ca/><https://www.mys.ca/services/navigator>

**Book: Big Feelings Come and Go (free)** <https://protectchildren.ca/pdfs/C3P_BigFeelingsComeAndGo_storybook_en.pdf>

* Province of Manitoba: (Includes what to do if experiencing symptoms) <https://news.gov.mb.ca/news/index.html?item=46936>
* Province of MB - Self-Isolation Fact sheet: <https://www.gov.mb.ca/health/publichealth/factsheets/coronavirus_selfisolation.pdf>
* Province of Manitoba - Coronavirus Fact Sheet: <https://www.gov.mb.ca/health/publichealth/factsheets/coronavirus.pdf>
* The two fact sheets above are also available in the following languages (Arabic, Cantonese, Mandarin, Tagalog), found here: <https://www.gov.mb.ca/covid19/factsheets.html>

**Traditional Aboriginal Teachings:**

* [www.dancingtoeaglespiritsociety.org](http://www.dancingtoeaglespiritsociety.org)
* [www.fourdirectionsteachings.com](http://www.fourdirectionsteachings.com)

**Children / Youth / Families – Coronavirus**

<https://www.cbc.ca/kidsnews/post/watch-what-is-social-distancing>

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

<https://www.tinabryson.com/news/coronavirus-talking-points-for-parents-amp-teachers-with-the-whole-brain-child-approach>

Social Story (English): <https://www.winnipegsd.ca/Parents/PandemicPlanning/Documents/COVID-19%20Social%20Story.pdf>

Social Story (French): <https://www.winnipegsd.ca/Parents/PandemicPlanning/Documents/Coronavirus%20en%20francais.pdf>

**Autism resources**

<https://www.autismspeaks.ca/media-request-contact-us/news/news-press-releases/covid-19-information-and-resources/>

<https://www.kerrysplace.org/covid-19-resources/>

<https://nationalautismassociation.org/covid-19-resources-for-families/>

 