

Dear Families,

This is obviously a stressful time. I have put together some resources for mental health you can use from home and they're free. They range from apps to phone numbers to websites. They include information, strategies, and meditations, as well as professionals with whom you can connect.

Check them out. Try a couple to see what you think. I'd love to hear your feedback. I'd also love to hear about other resources that you're finding useful right now. Email me at pamelamartin@gpcsd.ca . I can send updates as we move through this together.

Apps I find useful for all ages (and free) are:

CALM: <https://www.calm.com/>

ThinkFull: <https://thinkfull.ca/>

MindShift: <https://www.anxietycanada.com/resources/mindshift-cbt/>

RelaxMelodies: <https://www.relaxmelodies.com/>

Mindfulness Coach: https://www.ptsd.va.gov/appvid/mobile/mindfulcoach_app.asp

iChill: <https://www.traumaresourceinstitute.com/ichill-app/ichill-app-1>

This is a great link to mental health resources and addiction/harm reduction resources in Alberta: <https://www.albertahealthservices.ca/amh/amh.aspx>

The clinical staff from the Youth Day Program are now offering interim support services to our community. You can call or text them at: (780)897-3240

Another resource is ATA's Can We Talk, found here: <http://canwetalk.ca/get-help-if-you-need-it/types-of-help/>

This link lets you sort through a wide variety of e-resources: <https://www.ementalhealth.ca/%E2%80%A6/Crisis-Lines-incl%E2%80%A6/index.php%E2%80%A6>

And of course there is the Kids Help Phone: <https://kidshelpphone.ca/>

CONTINUED ON NEXT PAGE...

Bell Let's Talk has a few resources including "How to start a conversation about mental health" as well as a nice Mandala art page for families to download, print, and colour:

<https://letstalk.bell.ca/en/toolkit>

<http://www.gpyouth.ca/> is a great, locally-developed site that is useful to all families. It provides a huge array of resources and information.

I'm not familiar with this particular organization in Edmonton but the tips they list here are great:

<https://stillarpsychological.com/coping-with-covid-19>
