

## Resources

### 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>

### Helpful links:

- 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](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>

### Resources, Crisis lines, Warm lines, Websites

#### Klinic Crisis Line

204-786-8686 or 1-888-322-3019

#### Kids Help Phone Teen Line

<https://kidshelpphone.ca>

1-800-668-6868 or text 686868

#### Mood Disorders Association of Manitoba

<http://www.mooddisordersmanitoba.ca>

Warm Line: 204-786-0987

#### Seneca House

<https://www.sararielinc.com/en/seneca-warm-line/>

Warm Line: 204-942-9276

#### First Nations and Inuit, Hope for Wellness Helpline

1-855-242-3310

#### 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

**Adult Mobile Crisis**  
204- 940-1781

**Youth Mobile Crisis**  
204-949-4777 or 1-888-383-2776

**All Nations Coordinated Response**  
204-944-4050 or 1-866-345-9241

**Manitoba Suicide Line**  
1-877-435-7170

### Other Helpful Websites and Apps

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

### Apps



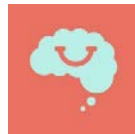
Mindshift



Calm in the Storm



Always There



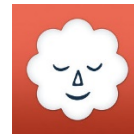
Smiling Mind



Headspace



Happy Color



Breathe

### Staff Phone or Skype counselling options:

**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.myresilience.com)  
1-866-644-0326