

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
- 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.mooddordersmanitoba.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

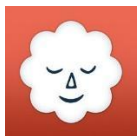
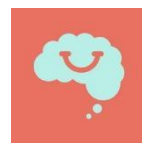
Other Helpful Websites and Apps

<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

1-866-644-0326