

Taking Care of Your Children's Mental Health

MANAGING CORONA VIRUS (COVID-19) ANXIETY

For You

- Avoid excessive exposure to media coverage
- Connect through calls/text/internet
- Add extra time for daily stress relief
- Practice self-care
- Focus on your mental health

For Kids

- Reassure them that they're safe
- Let them talk about their worries
- Share your own coping skills
- Limit their news exposure
- Create a routine & structure

BlessingManifesting

For Quarantine/Isolation

- Keep in contact with your loved ones via social media, texts, and phone calls
- Create a daily self-care routine
- Keep yourself busy: games, books, movies
- Focus on new relaxation techniques

Given the evolving provincial response to COVID-19, please view the following updates and resources to help support CCSD families. Please note that our shared priority is the health and wellness of all members of our community.

If your child needs to speak to their school supports, please know that you still have access to them. We encourage you to contact via email:

School Counsellor	DLCT	School Support Worker
	Elizabeth.godfrey@cssd.ab.ca	Davina.reiner@cssd.ab.ca

Should you or your family require additional supports, the following contacts are available:

1. **2-1-1** (call or text): **Community and Social Services Help Line** (for basic needs, financial support, food, housing information, etc.)
2. **8-1-1** (call): **Health Link**
3. **Access Mental Health**: 403-943-1500
4. **Calgary Counselling Centre**: 403-691-5991 *Only telephone and online counselling are available*
5. **Catholic Family Service**: 403-205-5295 *Only telephone services are available*
6. **Distress Centre**: 403-266-4357 *The call centre is closed, with staff working remotely. Support is still available 24/7.*
7. **Eastside Family Centre**: 403-299-9696 *Only telephone and e-therapy services are available*
8. *Additional Information for Families, please click on the three images below to access websites:*



In addition to this information, please continue to access www.cssd.ab.ca for updates