



## CHILD YOUTH AND FAMILY PROGRAM

### Online Resources to Support Child and Youth Mental Health During the COVID-19 Pandemic

#### **Resources for Coping Specific to COVID-19**

Centre for Addiction and Mental Health (CAMH): <https://www.camh.ca/en/health-info/mental-health-and-covid-19>

Children's Mental Health Ontario (CMHO): <https://www.cmho.org/covid19>

Kids Help Phone: <https://kidshelpphone.ca/get-info/were-here-for-you-during-covid-19-novel-coronavirus/>

Child Mind Institute (for parents): <https://childmind.org/coping-during-covid-19-resources-for-parents/>

Tolerance for Uncertainty: A Covid-19 workbook: <https://www.baypsychology.ca/workshops>

Activity ideas for younger children: <https://copingskillsforkids.com/coping-with-coronavirus>

#### **General Mental Health Information**

Kids Help Phone: <https://kidshelpphone.ca/>

Hospital for Sick Children: <https://www.aboutkidshealth.ca/>

Children's Hospital of Eastern Ontario (CHEO): <https://www.cheo.on.ca/en/resources-and-support/a-z-resources-mental-health.aspx#CHEO-mental-health-resources-and-support>

Child Mind Institute: <https://childmind.org/audience/for-families/>

Anxiety Canada: <https://www.anxietycanada.com/>

Mood Disorders Society of Canada: [www.depressionhurts.ca](http://www.depressionhurts.ca)



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## **Resources for Youth**

### **Workbooks & Skills Videos**

COPING / DISTRESS TOLERANCE (videos):

[https://www.youtube.com/channel/UC7IKAPBLpZzXk3AZbG\\_BAQQ/featured?disable\\_polymer=1](https://www.youtube.com/channel/UC7IKAPBLpZzXk3AZbG_BAQQ/featured?disable_polymer=1)

ANXIETY:

<https://www.nhsinform.scot/illnesses-and-conditions/mental-health/mental-health-self-help-guides/anxiety-self-help-guide>

DEPRESSION:

<https://psychhealthandsafety.org/asw> (print or available in audio)

<https://www.nhsinform.scot/illnesses-and-conditions/mental-health/mental-health-self-help-guides/depression-self-help-guide>

<http://depressionhurts.ca/en/pdf/mypath.pdf>

OTHER WORKBOOKS:

<https://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself>

### **Services (Both require registration)**

BounceBack Ontario (ages 15+): <https://bouncebackontario.ca/>

Big White Wall (ages 16+): <https://otn.ca/patients/bigwhitewall/>

### **APPS**

Mindshift™ CBT

Virtual Hope Box

Headspace



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## **Resources for Younger Children**

### **APPS**

Smiling Minds

Stop Breathe and Think Kids

### **WEBSITES / INTERACTIVE ACTIVITIES**

Kids Help Phone tools and games: <https://kidshelpphone.ca/topic/tool/tools/>

Cosmic Kids Yoga: <https://www.cosmickids.com/>

## **Resources for Parents / Family Members / Supportive Adults**

Supporting children & youth with their mental health: <https://www.mentalhealthfoundations.ca/resources>

Video - Short Story about Emotions: <https://www.youtube.com/watch?v=SJOjprbfeE>

Helping children with anxiety: <https://maps.anxietycanada.com/courses/child-map/>