



"We are all in this together."

AbilitiCBT

This site provides information on mental health resources, including *AbilitiCBT*, an online cognitive behavioural therapy (CBT) program available to Manitobans aged 16 and over who are struggling with anxiety related to the COVID-19 pandemic.

<https://manitoba.ca/covid19/bewell/>

Mental Health Commission of Canada (MHCC)

The MHCC offers a variety of resources, tools, and training programs aimed at increasing mental health literacy and improving the mental health and well-being of all people living in Canada, including *Resource Hub: Mental health and wellness during the COVID-19 pandemic*.

www.mentalhealthcommission.ca

Resiliency Building

This Canadian resource for parents and educators promotes positivity and resiliency skills to "bounce back" and cope with adversity. It also includes a childhood book list that younger students may find interesting.

www.reachinginreachingout.com

Canadian Mental Health Association Service Navigation Hub

Specialists are available to help Manitobans find the best type of care or service to match their needs.

<https://mbwpg.cmha.ca/cmha-service-navigation-hub/>

Contact: 204-775-6442

Mood Disorders Association of Manitoba

The Mood Disorders Association of Manitoba is a self-help organization that provides education, advocacy, and support to those living with a mood disorder or other mental health illness. It provides a peer support line, a variety of free resources on its website, and several online support groups that can be accessed by filling out the online registration form at www.surveymonkey.com/r/WPQLZSZ.

www.mooddisordersmanitoba.ca

Peer Support Line: 204-786-0987

Anxiety Canada

Anxiety Canada offers free online, evidence-based self-help resources to help Canadians manage anxiety using scientifically proven strategies.

www.anxietycanada.com/

Rainbow Resource Centre

The Rainbow Resource Centre offers counselling, education, and programming support to the 2SLGBTQ+ community. During the COVID-19 pandemic, it is continuing to offer all support services by phone and through platforms such as *Instagram*, *Facebook*, and *Zoom*.
<https://rainbowresourcecentre.org>

Anxiety Disorders Association of Manitoba (ADAM) Support Line

ADAM has established an anxiety support line at 204-925-0040 for anyone seeking support during this challenging time. The line is checked regularly between the hours of 9:00 a.m. and 9:00 p.m. from Monday through Friday, and 10:00 a.m. to 4:00 p.m. on weekends. People are asked to leave their name, phone number, or email address and an ADAM representative will get in touch with them soon.
www.adam.mb.ca/programs/peer-support

CRISIS Resources

Klinic Crisis Line

Klinic operates a variety of crisis phone lines and online support services, providing free and confidential counselling, support, and referrals for people who are suicidal, in crisis, or struggling to cope.

<http://klinic.mb.ca/crisis-support/>

24/7 Crisis Line: 204-786-8686

Toll-free: 1-888-322-3019

Youth Mobile Crisis

Contact: 204-949-4777

Toll-free: 1-888-383-2776

Manitoba's suicide prevention and support line

is open and available 24/7, 365 days a year.

Contact: 1-877-435-7170

Shared Health Manitoba Mental Health and Addictions

"The service is committed to providing a responsive and inclusive system aimed to restore, promote and maintain mental health and well-being as well as provide addiction services and support healthy behaviours."

<https://sharedhealthmb.ca/services/mental-health/>

For additional information

Welcoming Our Students Back: Restoring Safe Schools

This document from August 2020 provides provincial guidance on the plan for reopening schools during the pandemic.

https://manitoba.ca/asset_library/en/covid/k-12-reopeningplan-guidance.pdf

Guidance for Mask Use in Schools

This resource provides guidance on the requirements for mask use in schools and on buses, including information on who should and should not wear a mask.

www.edu.gov.mb.ca/k12/covid/docs/mask_guidance.pdf

COVID-19 Education Plan

This site provides updated information about plans for education during the pandemic, resources for parents/guardians, and frequently asked questions.

www.edu.gov.mb.ca/k12/covid/index.html

School Division Re-opening Plans

This site provides links to each school division's re-opening plan during the pandemic.

<https://manitoba.ca/covid19/restoring/school-divisions.html>

RESTARTMB Pandemic Response System

This document provides "a clear and responsive overview of public health guidance on the current risk of COVID-19 and the specific measures being taken to reduce its spread. This system helps people understand the current level of risk and the public health guidance that must be followed."

www.gov.mb.ca/asset_library/en/restartmb/pandemic_response_system.pdf

Resources Supporting Students with Special Needs

This document provides tips, resources, suggestions, and important information for school teams who are supporting remote learning for students with special needs and students at risk.

www.edu.gov.mb.ca/k12/covid/support/rsssn.html

Welcoming Our Students Back: Supporting Students with Special Needs and Students at Risk as They Return to School

This document includes some of the key elements that need to be considered as student support teams facilitate the inclusion of students with special needs and students at risk during the pandemic.

www.edu.gov.mb.ca/k12/covid/docs/support_students_w_special_needs.pdf