

Well-Being and Mental Health Resources

» Priorities

- Share mental wellness activities with families.
- Review critical incident response teams for every school, and model to address trauma in a virtual setting. Review and adapt the intervention model. Prepare for future grief or trauma.
- Maintain counselling services for students who were on caseload at school. Address how to do this in a virtual setting and respect confidentiality.

The following are wellness and/or mental health resources for students, staff, and families.

» Students

WE Well-Being Resources

The *WE Well-Being Playbook* is a hands-on guide informed by leading experts and drawn from the best available evidence. It is filled with everyday tools, actions, and tactics to improve your own mental well-being and that of others. www.we.org/en-CA/get-doing/activities-and-resources/wellbeing/we-well-being-playbook-and-resources/we-well-being-resources

Towards Flourishing for All: Everyday Strategies

Towards Flourishing for All is a mental health promotion tool developed through a partnership among the Winnipeg Regional Health Authority, Healthy Child Manitoba, and the University of Manitoba. For more information, see www.manitoba.ca/healthychild/towardsflourishing/index.html.
Contact Information: mentalhealthpromotion@wrha.mb.ca

Feel Brave

Feel Brave is an initiative started by Avril McDonald to create characters, stories, poems, and videos that open up conversations about anxiety and offer simple, powerful strategies for coping. This website includes some useful videos. <http://feelbrave.com>.

Social/Emotional Well-Being

Be There is an initiative intended to strengthen people's understanding of what they need to do to offer support to others who are struggling with their mental health.

<http://bethere.org>

Mindfulness for Teens: Guided Meditations

This site offers recordings to assist teens in learning to use mindfulness and meditation strategies.

<http://mindfulnessforteens.com/guided-meditations/>

Big Feelings Come and Go (free children's book)

This resource, provided by the Canadian Centre for Child Protection and New Directions for Children, Youth, Adults, and Families, helps children understand and deal with traumatic events.

https://protectchildren.ca/pdfs/C3P_BigFeelingsComeAndGo_storybook_en.pdf

Child and Family All Nations Coordinated Response Network (ANCR)

ANCR promotes and supports the safety and well-being of children and families by providing culturally appropriate, strength-based child and family intake services. It is available 24/7, 365 days a year, to provide care and support.

Contact: 204-944-4200

Toll-free: 1-888-945-ANCR (2627)

Nor West Youth Hub

Youth Hub is an integrated service centre that offers mental health, primary care, addictions, and employment services and recreational activities for youth aged 14-24 years of age.

<https://norwestcoop.ca/resource-centres/youth-hub/>

Contact: 204-221-9800

Canadian Mental Health Association: Peer Support

The Peer Support Service assists people through their mental health challenges by providing them with the support of a peer who has also experienced mental health challenges and is able to offer encouragement and hope through a recovery lens. These peer support facilitators are trained and certified in peer support.

<https://mbwpg.cmha.ca/programs-services/peer-support/>

Klinik Crisis Line

Klinik 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://klinik.mb.ca/crisis-support/>

24/7 Crisis Line: 204-786-8686

Toll-free: 1-888-322-3019

Kids Help Phone Teen Line

Kids Help Phone is a 24/7 national support service that offers professional counselling, information, and referrals, as well as volunteer-led, text-based support to young people in both English and French. Whether by phone, text, mobile app, or through its website, kids can connect with Kids Help Phone whenever they want, however they want.

<https://kidshelpphone.ca>

Contact: 1-800-668-6868 or text 686868

Seneca House

Peer support workers are available by telephone daily between 7:00 p.m. and 11:00 p.m. to talk, provide support, and/or suggest possible resources.

www.sararielinc.com/en/seneca-warm-line/

Warm Line: 204-942-9276

Aulneau Renewal Centre – Wellness Check

Aulneau offers a free wellness check by phone to help Manitobans cope and to provide them with information. <https://aulneau.com/covid-19-update/>

Contact: 204-987-7090

First Nations and Inuit, Hope for Wellness Helpline

Contact: 1-855-242-3310

Youth Mobile Crisis

Contact: 204-949-4777

Toll-free: 1-888-383-2776



Staff

Manitoba Teachers' Society (MTS)

MTS offers the Educator Assistance Program (EAP), which provides its members with confidential professional counselling sessions in French and English, as well as referral services.

www.mbteach.org/mtscms/category/eap/

Contact: 204-837-5801

Toll-free: 1-800-378-8811

Manulife Resilience Program

Manulife provides to its clients a wide range of tools and services to measure their financial resilience.

www.myresilience.com

Contact: 1-866-644-0326

Robyn Priest: Live Your Truth

This site offers several free online support groups that may be helpful for parents and educators.

www.robypriest.com/

Manitoba Addictions Helpline

The Addictions Foundation of Manitoba (AFM) provides supports and services to Manitobans struggling with substance and gambling addictions, including its addictions helpline at 1-855-662-6605 and its 24-hour problem gambling helpline at 1-800-463-1554.

<https://afm.mb.ca>

AbilitiCBT (available soon)

As a result of a Province of Manitoba investment, *AbilitiCBT*, an online cognitive behavioural therapy (CBT) program, will soon be available to Manitobans aged 16 and over who are struggling with anxiety related to the COVID-19 pandemic.

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

Winnipeg Regional Health Authority including Churchill Adult Mobile Crisis Service

Contact: 204-940-1781

Winnipeg Teachers Association Counselling – Keystone Counselling

Telephone sessions are available for all WTA members and their family members in the home, 14 years of age and over.

Contact:

Jake Schmidt 204-338-3339 (North Kildonan)

Janet Bergsgaard 204-417-1203 (Downtown)

Monique Raimbault 204-774-4269 (West End/Wolseley)

Families

KidThink

KidThink offers mental health treatment and outreach for Manitoba children aged 12 and under.

www.kidthink.ca/

Contact: 431-388-5373

School Mental Health Ontario

This Ontario resource provides parents and families with information on strategies and tools to support children's mental health during the COVID-19 pandemic.

<https://smho-smso.ca/covid-19/parents-and-families/>

Young Minds

This UK resource identifies calming strategies and mental health support for parents/ caregivers and children.

<https://youngminds.org.uk>

Make it Stick Parenting

During the COVID-19 pandemic, this site is currently providing free access to its resources to help children with remote learning.

www.makesociallearningstick.com

Big Life Journal

Big Life Journal creates engaging resources to help kids develop the growth and resilience they need to face life's challenges with confidence. It has made some free resources available at the following links:

<https://biglifejournal.com/pages/freebies>

<https://biglifejournal.com/blogs/blog/stay-at-home-printable-pack-families>

School Mental Health Ontario

This Ontario resource provides 12 easy and fun mental health strategies for parents/ caregivers to try with children.

<https://smho-smso.ca/blog/12-easy-and-fun-mental-health-practices-to-try-with-your-children-at-home/>

Manitoba Association of Women’s Shelters (MAWS) confidential provincial toll-free crisis line:

The MAWS crisis line can provide assistance if you or someone you know is being abused. If you are in danger, call 911. MAWS provides information only.

Contact: 1-877-977-0007

Voices: Manitoba’s Youth in Care Network

Voices provides services, support, and advocacy to Manitoba youth who are in Child and Family Services care or transitioning from care to in(ter)dependence.

<https://voices.mb.ca>

Contact: 204-982-4956

Mental Health Resources for Winnipeg

Contact the Manitoba branch of the Canadian Mental Health Association to find about the resources they can provide for Manitoba families.

www.mbwpg.cmha.ca/about-cmha/contact-us/

Contact: 204-982-6100

Canadian Mental Health Association Service Navigation Hub

CMHA 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

Mental Health Crisis Response Centre

817 Bannatyne Avenue

Contact: 204-940-1781

 **Applicable to All Groups**

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.mooddordersmanitoba.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>

Reason to Live

Manitoba's suicide prevention and support line is open and available 24/7, 365 days a year.
Contact: 1-877-435-7170

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., 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/blog/adam-s-new-support-line-info

Stress Hacks

With resources for youth, families, and educators, Stress Hacks provides information on what stress is and how to manage it.

www.stresshacks.ca

Macdonald Youth Services (MYS)

MYS provides Family Navigators to assist youth aged 13–24 and their families as they navigate the network of mental health and addiction supports and services in Manitoba.

Contact: 204-452-0551

Toll-free: 1-844-452-0551

Email: FamilyNavigator@mys.mb.ca

www.mys.ca/services/navigator

Province of Manitoba COVID-19 Resources

COVID-19 BULLETIN #12

This bulletin includes essential information about the coronavirus and physical distancing measures, as well as what to do when experiencing symptoms.

<https://news.gov.mb.ca/news/index.html?item=46936>

Self-Isolation Public Health Factsheet

This document provides information that defines self-isolation, explains why it is necessary, and provides instruction on how to do it safely and effectively.

www.gov.mb.ca/health/publichealth/factsheets/coronavirus_selfisolation.pdf

Novel Coronavirus (COVID-19) Public Health Factsheet

This Province of Manitoba document provides key information on the coronavirus.

www.gov.mb.ca/health/publichealth/factsheets/coronavirus.pdf

Note: The two Public Health Factsheets above are also available in the following languages: Arabic, Cantonese, Mandarin, and Tagalog. They can be found at

www.gov.mb.ca/covid19/factsheets.html.

Traditional Aboriginal Teachings

Dancing to Eagle Spirit Society

Dancing to Eagle Spirit Society works to advance Native American healing and spiritual principles for Indigenous and non-Indigenous people who self-identify as two-spirit persons, as well as to educate the public on the Sweat Lodge ceremony and other Indigenous spiritual practices. www.dancingtoeaglespiritociety.org

Four Directions Teachings

Sponsored by the federal Department of Canadian Heritage, this is a website where people can experience Indigenous Knowledge and philosophy and where educators can find resources to support their curriculum. *FourDirectionsTeachings.com* honors oral traditions by providing teachings from Elders/ traditional teachers on the richness and value of the cultural traditions from their respective nations.

www.fourdirectionsteachings.com

Children / Youth / Families – Coronavirus

CBC Kids

What is social distancing? This site provides a useful video that explains to kids what physical distancing is and why they need to practice it.

www.cbc.ca/kidsnews/post/watch-what-is-social-distancing

KidsHealth

How to talk to kids about the coronavirus.

<https://kidshealth.org/en/parents/coronavirus-how-talk-child.html>

Coronavirus Talking Points for Parents and Teachers with the Whole-Brain Child Approach

by Tina Payne Bryson, Ph.D.

This resource provides useful tips on talking to kids about COVID-19.

www.tinabryson.com/news/coronavirus-talking-points-for-parents-amp-teachers-with-the-whole-brain-child-approach

Winnipeg School Division

WSD has created an explanation of the COVID-19 pandemic for children who require visual supports. It is available in French and English.

Social Story (English):

www.winnipegssd.ca/Parents/PandemicPlanning/Documents/COVID-19%20Social%20Story.pdf

Social Story (French):

www.winnipegssd.ca/Parents/PandemicPlanning/Documents/Coronavirus%20en%20français.pdf

Daily Schedules for Remote Learning

COVID-19 Daily Home Schedule

Teacherspayteachers.com has provided this free suggested daily home schedule for students as they are remote learning. www.teacherspayteachers.com/Product/Daily-Home-Schedule-Activity-Idea-FREEBIE-Schedules-Routines-5326652

COVID-19 Daily Schedule

Jessica McHale created this daily schedule for students who are remote learning and it has since gone viral, with many families finding it to be just what they need to plan their days. www.instagram.com/p/B9sJ0vwgmFG/

Autism Resources

Autism Speaks Canada (ASC)

ASC has created this useful central information hub of resources to help the community weather the COVID-19 storm together.

www.autismspeaks.ca/media-request-contact-us/news/news-press-releases/covid-19-information-and-resources/

COVID-19 Resources

Kerry's Place, an Ontario organization that provides services and supports to families with children, adolescents, and adults with Autism Spectrum Disorder, has compiled this list of COVID-19 resources for families.

www.kerrysplace.org/covid-19-resources/

National Autism Association (United States)

This site provides a number of useful COVID-19 resources for families.

<https://nationalautismassociation.org/covid-19-resources-for-families/>