



OTTAWA-CARLETON
DISTRICT SCHOOL BOARD

Mental Health during COVID-19

We understand that this is a challenging time for everyone and it is normal to be anxious and worried. Looking after your physical and mental health will help you and everyone around you be more resilient and in a better position to deal with this situation. We have compiled a list of online resources that provide factual information and tips to support student, staff and parent/guardian mental health & well-being during the COVID-19 pandemic.

Please note that it is not intended to be a resource for people who require screening for COVID-19 or are experiencing a mental health crisis. If you are experiencing a mental health crisis, please contact 911 immediately or present to your nearest emergency department.

Mental Health and the COVID-19 Pandemic

<https://www.camh.ca/en/health-info/mental-health-and-covid-19>

The Centre for Addiction and Mental Health (CAMH) have a detailed FAQs page

How to manage anxiety during the COVID-19 outbreak

<https://lifespeak.com/how-to-manage-anxiety-during-the-coronavirus-outbreak/>

A Q&A with Clinical Psychologist Dr. Brooke P. Halpern, Psy.D., J.D

COVID-19 and Mental Health @ Work

<https://www.canada.ca/en/government/publicservice/covid-19/covid-19-mental-health-work.html>

For employees experiencing worry, anxiety or stress during this outbreak, the Government of Canada's Centre of Expertise on Mental Health in the Workplace has created this resource.

Talking to your anxious child about COVID-19

<https://www.cmho.org/blog/blog-news/6519918-talking-to-your-anxious-child-about-COVID-19>

An informative article from Children's Mental Health Ontario (CMHO)

How to Talk to Kids and Teens About the Coronavirus

<https://www.psychologytoday.com/us/blog/smart-parenting-smarter-kids/202003/how-talk-kids-and-teens-about-the-coronavirus>

Erin Walsh, M.A. and David Walsh, Ph.D. explain this in a detailed Psychology Today article.

How to support student mental health during the COVID-19 pandemic?

<https://smho-smsso.ca/blog/how-to-support-student-mental-health-during-the-covid-19-pandemic/>

School Mental Health Ontario (SMHO) has compiled tips and resources on this topic.

Kids Help Phone

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

Kids Help Phone offers 24/7, confidential nation-wide support service. You can call them at 1-800-668-6868, text or online chat.

Additional Resources:

- [Coping with Stress during COVID-19](#) (World Health Organization Infographic)
- [Mental Health during COVID-19](#) (World Health Organization guide)
- [Managing Anxiety and Stress during this outbreak](#) (Centers for Disease Control and Prevention-CDC)
- [Helping Children Cope with Emergencies](#) (CDC)
- [Talking with children about Coronavirus Disease 2019](#) (CDC)

