

Mental Health Supports:COVID-19

Mental Health Commission of Canada:

Leading resource for guiding policy and practise across Canada.

Resources and training

Resource Hub: Mental health and wellness during the COVID-19 pandemic

www.mentalhealthcommission.ca

PROJECT 11 Program; mental health wellness program; currently has re-focused the delivery to 'on-line' opening up information for parents to support wellbeing and mental health promotion during this time of physical distancing. On-line training for teachers available

www.projecteleven.ca

jack.org

resource site that is Canadian based and based on the research from Dr. Stan Kutcher et.al. **Youth driven** site with resources specifically designed for youth- connected to www.teenmentalhealth.org

Source of Strength; provincial trainers can continue to supporting students via new online and distance ideas. **peer driven model**

- excellent mental health promotion and suicide prevention resource site

www.sourcesofstrength.org

Anxiety Resource;

www.anxietycanada.com

ADHD Resource:

www.caddac.ca

CADDAC is a Canadian national not-for-profit organization dedicated to improving the lives of those with ADHD through ADHD awareness, education and advocacy.

Resiliency Building: an exceptional resource site for parents and educators; promoting positivity and resiliency skills to ‘bounce back’ and cope with adversity. Canadian made- based on theoretical foundations of attachment, CBT and resiliency research. Parent resource site – includes listing of early **childhood books building resiliency skills** (my personal favorite reading list!)

www.reachinginreachingout.com

www.Stresshacks.ca

Manitoba made site for youth directing them to specific Manitoba resources. mental health and coping information and resources

