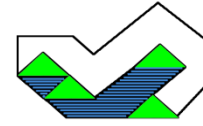




## Mental Health Resources



Link shared with Student Services Administrators -

<https://drive.google.com/open?id=1iiMKRWU2OG1-56cs8dibPsZkQ97S3YCU>

Tips and strategies for mental health - <https://jack.org/Stories/Our-mental-health-during-COVID-19>

Managing stress and anxiety from CDC - <https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>

Canadian Addiction and Mental Health - <https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>

World Health Organization for factual advice on COVID-19 - <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>

Ontario School Mental Health - [How to support student mental health during the COVID-19 pandemic](#)

Anxiety Disorders Association of Manitoba Support Line - <http://www.adam.mb.ca/blog/adam-s-new-support-line-info>

Mindfulness for Teens - <http://mindfulnessforteens.com/guided-meditations/>