

This COVID-19 resource list is intended for informational purposes only. We tried to choose resources we thought would be of value for your mental health. There is no guarantee any resource is free from errors. If you need additional support, please contact your primary care provider at Taddle Creek Family Health Team. We are here for you.

MENTAL HEALTH & COVID-19 VIRTUAL COUNSELLING

What's Up Walk-in Counselling | Immediate counselling by phone or video for children/youth and their families
Mon-Fri 9am-7pm | 1-866-585-6486. <https://www.whatsupwalkin.ca/>

Kids Help Phone | Information and counselling 24/7 for children/youth | 1-800-668-6868 <https://kidshelpphone.ca/>

GOOD2TALK | Supportive counselling by phone & text 24/7 for post-secondary students <https://good2talk.ca/>

TakeCare19 | A list of accessible and inclusive mental health resources for coping through COVID-19
<https://takecare19.com/>

MENTAL HEALTH & COVID-19 WEBSITES / STORIES / WORKBOOKS / VIDEOS

Coping Skills for Dealing with the Coronavirus | A collection of coping skills for children and families to help deal with anxiety and stress related to COVID-19 (including a free Coping Skills Family Activity e-book)
<https://copingskillsforkids.com/coping-with-coronavirus>

7 Ways to Maintain Relationships During Your School Closure | Teachers share strategies for maintaining relationships, both peer to peer and student-teacher during COVID-19
<https://www.edutopia.org/article/7-ways-maintain-relationships-during-your-school-closure>

Mindheart | COVIBOOK is a book for kids under the age of 7, made to support and reassure | Available in multiple languages <https://www.mindheart.co/descargables>

My Hero is You | An empowering book about how kids can fight COVID-19 | A collaboration between WHO, UNICEF, UNHCR, UNESCO <https://tinyurl.com/yxxm4x9q>

The Story of the Oyster and the Butterfly: the Coronavirus and Me | Uplifting story for young children (available on YouTube by searching title of book) <https://parent-to-parent.org/news/the-oyster-the-butterfly/>

Time to Come in, Bear | A Children's Story about Social Distancing (2 min)
https://www.youtube.com/watch?v=DA_SsZFYw0w

Brian Doyle's TEDx Talk on gratitude (for youth - 8 min). <https://www.youtube.com/watch?v=QNfAnkojhoE>

Mind Your Mind | Interactive tools, information and interviews re: mental health and wellness, targeted at youth 14+
<https://mindyourmind.ca/>

Jack.org | COVID-19 Youth Mental Health Resource Hub & Be There | Tools to help take care of mental health
<https://jack.org/Resources/COVID-19-Youth-Mental-Health-Resource-Hub?lang=en-ca> & <https://bethere.org/Home>

Tolerance of Uncertainty: a Covid-19 Workbook from Bay Psychology | Appropriate for older, mature youth
<https://www.baypsychology.ca/workshops> download in either English or French

MENTAL HEALTH & COVID-19 PARENT/CAREGIVER RESOURCES / GRIEF

Child Mind Institute | Supporting Families During COVID-19 | Comprehensive information for families re: anxiety, discipline and behaviour, self-care, grief and loss, etc. <https://childmind.org/coping-during-covid-19-resources-for-parents/>

COVID with KIDS | A toolkit for coping with kids at home during the COVID-19 pandemic
<https://www.covidwithkids.org/>

Coronavirus Talking Points for Parents & Teachers with the Whole-Brain Child Approach | Dr. Tina Payne Bryson
<https://tinyurl.com/ybt9cadc>

Bestow | 30 gratitude games & art activities for kids to practice thankfulness <https://bestow.com/blog/gratitude-games/>

From fear to hope – COVID-19 Workbook | A guide for parents supporting children's mental health
<https://otherlifelessons.com/collections/covid19workbooks/products/fromfeartohopeworkbook>

Turn Your Demanding Child into a Productive Co-Worker | New York Times Article | Some lessons from global cultures re: raising cooperative/generous kids
<https://www.nytimes.com/2020/04/30/parenting/children-helping-at-home-coronavirus.html>

Dr. Gordon Neufeld | Expert in child development and parent | Blog articles for parents <https://neufeldinstitute.org/blog/>
Dr. Neufeld's *Parenting Through the Pandemic* YouTube talk <https://www.youtube.com/watch?v=HNnXutm7p4g>

Dr. Laura Markham | Author and parenting expert | Your blueprint for discipline during the coronavirus article & other blog posts <https://www.ahaparenting.com/blog/discipline-during-coronavirus>

School Mental Health Ontario | Mental health resources for children and families <https://smho-smsso.ca/covid-19/>

Bereaved Families of Ontario (Toronto) | Individual & support groups for youth & adults who have lost a loved one (for any reason) <https://www.bfotoronto.ca/>

What's Your Grief | Blog posts, webinars, e-courses re: grief for adults www.whatsyourgrief.com

My Grief | 9 modules designed to aid in understanding and working through grief for adults www.mygrief.ca

Children & Youth Grief Network | Resources for families, including e-courses www.childrenandyouthgriefnetwork.com

MINDFULNESS / MEDITATION WEBSITES / PODCASTS / APPS

Mindfulness for Youth | Guided meditations, videos, blog and other resources <http://mindfulnessforteens.com/>

Plum Village | A global community of mindfulness founded by Zen Master Thich Nhat Hanh | For the whole family
<https://plumvillage.org/>

Inward Bound Mindfulness Education | For teens & young adults | Guided meditations, retreat recordings, videos, online retreats <https://ibme.com/>

Youth Mindful | Private therapy clinic for youth offering a free consult and a 1-hour "pay what you can" *Introduction to Youth Mindfulness* 1:1 session for youth | <https://www.youthmindful.com/>

Healthy Minds Program | For Youth | Designed by Dr. Richard Davidson, a leader in field of meditation, research and neuroscience <https://tryhealthyminds.org/#program>

MINDFULNESS / MEDITATION WEBSITES / PODCASTS / APPS CONT'D

- Smiling Mind | Mindfulness App for stress, sleep, wellbeing for kids, youth & adults <https://www.smilingmind.com.au/>
- Insight Timer | For kids, youth & parents | Free meditation app for stress, anxiety, sleep, etc. <https://insighttimer.com/>
- Kidoodle.TV App | Safe streaming platform for kids with a variety of programming | <https://kidoodle.tv/>

AUDIOBOOKS / PODCASTS FOR KIDS & YOUTH

- Audible | Free streaming of stories for children & youth while schools are closed | www.stories.audible.com/discovery
- But Why | Podcast aims to answer kid questions about everything, such as nature, politics, culture, science, etc. Available on Apple, Google, Stitcher, NPR
- Circle Round | NPR podcast for kids 4-10yrs old adapts folk stories from around the world | Available on Apple, Google, NPR
- Radiolab for Kids | NPR Radiolab's most family-friendly content from the archives for kids & youth | Available on Apple, Google & NPR
- Eleanor Amplified | For kids 8-12yrs old | A world famous radio reporter who foils the devious plots of villains with her dogged investigations | Available on Apple, Google, Stitcher
- Earth Rangers | For kids interested in nature, animals, ecosystems | www.earthrangers.com/podcast
- Smash Boom Best | A debate show for kids and families who want to decide which is best | www.smashboom.org
- Forever Ago | A history show for the whole family exploring the origin of one thing per episode | www.brainson.org/pages/foreverago
- Brains On | Science podcast for kids and tweens | www.brainson.org/pages/listen
- The Saturday Morning Cereal Bowl | Weekly music show with interviews for the whole family | www.saturdaycerealbowl.podbean.com
- Part-time Genius | Podcast for curious tweens and teens who want to dive into various topics | Available on Apple, Google, Stitcher
- TED Talks Kids + Family | Episodes to watch as a family | www.ted.com/playlists/314/talks_to_watch_with_the_entire
- NPR Youth Radio | Podcast stories from young essayists and reporters about their experiences | For mature youth www.npr.org/series/4692815/yr-media

INTERNET-BASED COGNITIVE BEHAVIOURAL THERAPY (ICBT) | ONLINE THERAPY FOR YOUTH

- Bounce Back | For youth 15+ | Learn CBT with a series of workbooks and psychoeducational videos at your own pace | Bounce Back coaches offer guidance over the phone and help to support the development of CBT knowledge and skills | Workbooks and Coaching available in different languages | <https://bouncebackontario.ca>
- Mind Beacon | For youth 16+ | Fee for Service digital therapy that is personalized and guided by a registered mental health professional | <https://www.mindbeacon.com/>

MENTAL HEALTH & COVID-19 ONLINE SUPPORT GROUPS / FORUMS FOR YOUTH

Togetherall (formerly Big White Wall) | Anonymous online community, a place to connect to others on forums, complete a self-assessment, read recommended resources, enroll in self-guided courses, use creativity and artistic tools to express feelings | <https://togetherall.com/en-ca/>

CAMH online peer-to-peer discussion forum for youth 18+ | a space where one can offer support, encouragement and share their experiences related to COVID-19 | Forum is open Weekdays 9am-5pm; outside of these hours, you can still view the discussions, but not be able to post or respond to a thread | <https://covid19.camhx.ca/mod/forum/view.php?id=1>

FITNESS / MOVEMENT FOR KIDS & YOUTH

Cosmic Kids Yoga YouTube Channel | Mindfulness and yoga videos for kids 3+ | <https://www.youtube.com/user/CosmicKidsYoga>

GoNoodle | Website to get kids moving with fun, engaging dance parties, yoga sessions, games | <https://www.gonoodle.com/>

PE with Joe YouTube Channel | For kids & youth | 30 min exercise videos every weekday morning | <https://www.youtube.com/user/thebodycoach1/featured>

7 Minute Workouts with Lazy Monster | App for kids & youth | Variety of 7-min workouts

Yoga with Adriene | Yoga for kids, teens and adults | Videos focused on relaxation, meditation, restoration | <https://www.youtube.com/user/yogawithadriene>

SLEEP / INSOMNIA

Cognitive Behavioural Therapy for Insomnia tools | <https://mysleepwell.ca/>

Canadian Public Health Initiative about sleep (English & French) | <https://sleeponitcanada.ca/>

Audible | a collection of free audio experiences to help aid relaxation and sleep | <https://www.audible.ca/ep/sleep>

BOREDOM BUSTING FOR ISOLATION

Virtual tours, live webcams, music, nature, online learning, etc.:
<https://chatterpack.net/blogs/blog/list-of-online-resources-for-anyone-who-is-isolated-at-home>

Wes Tank's YouTube Channel | Mashing beloved stories by Dr. Seuss and others with Hip Hop beats | <https://www.youtube.com/user/Clamatore>

GOOD NEWS

Good News Network – positive news stories from around the world.
<https://www.goodnewsnetwork.org/>

Some Good News – John Krasinski's YouTube channel highlights positive stories
https://www.youtube.com/channel/UCOe_y6KKvS3PdIfb9q9pGug