



Mental Health Tips

during the Suspension of
Classroom Learning

Contact Mrs. Riddell

mriddell@isd21.mb.ca



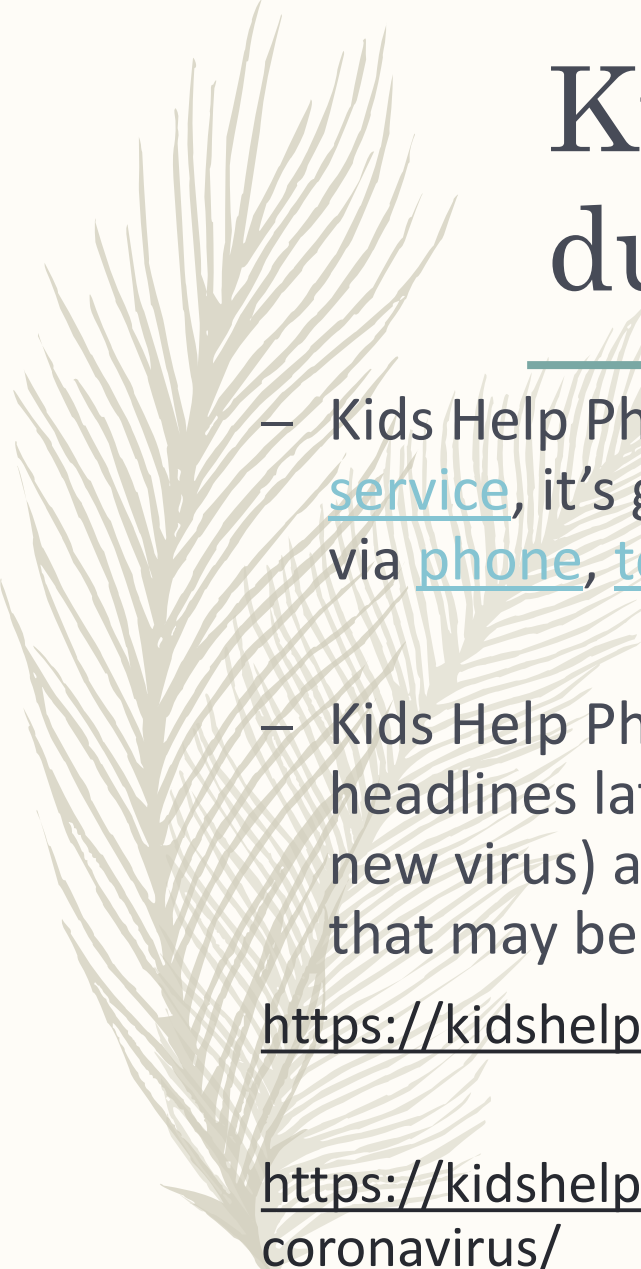
**Who Can I talk to for
Support?**



Mrs. Riddell is Here to Help!

-During the weeks of March 23 – 27, and after spring break from April 6 – 9, (10th being Good Friday), I can be reached by email at mriddell@isd21.mb.ca to connect with students and parents.

-I will be checking my work email throughout the day from 8:45 am – 3:45 pm during the weeks above. If you leave an email outside the above hours I will respond on the next business day.



Kids Help Phone is here for you during COVID-19

- Kids Help Phone is always here for you. Because we're an [e-mental health service](#), it's good to know you can contact us 24/7 from anywhere in Canada, via [phone](#), [text](#) or [online chat](#).
- Kids Help Phone knows the news has been dominated by some triggering headlines lately. We also know that COVID-19 — a novel coronavirus (a.k.a. new virus) affecting people in Canada and across the world — is something that may be on your mind.

<https://kidshelpphone.ca/>

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



Province-Wide Crisis Lines

Klinic Crisis Line

204-786-8686 or 1-888-322-3019

TTY 204-784-4097

Manitoba Suicide Line "Reason to Live"

1-877-435-7170 (1-877-HELP170)

Kids Help Phone (national line available to Manitoba Youth)

1-800-668-6868

Klinic Sexual Assault Crisis Line

204-786-8631 or 1-888-292-7565

Interlake-Eastern Regional Health Authority

Web: www.ierha.ca/default.aspx?cid=13360&lang=1

CRISIS LINES

24 hour Crisis Line: 204-482-5419 or 1-866-427-8628

Mobile Crisis Services: 204-482-5376 or 1-877-499-8770

Adult 2:00 pm – 2:00 am

Youth 17 and under 1:30 pm – 9:00 pm

Crisis Stabilization Unit: 204-482-5361 or 1-888-482-5361

Community Mental Health Intake: 204-785-7752 or 1-866-757-6205



Helpful Resources

- Resources such as smartphone applications, websites, and print resources are effective ways for individuals to take charge of their own recovery and manage their mental health.
- These resources do not replace treatment recommendations by a primary health care provider, but are a way to help learn about mental health and manage it in a healthy and effective way!
- From <<https://www.ierha.ca/default.aspx?cid=13362&lang=1>>



Website Recommendations

<https://www.ierha.ca/default.aspx?cid=13362&lang=1>

<https://www.anxietycanada.com/>

<https://www.anxietycanada.com/articles/what-to-do-if-you-are-anxious-or-worried-about-coronavirus-covid-19/>

<https://kidshelpphone.ca/>

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

Excellent Apps



My Study Life is a cross-platform planner for students, teachers and lecturers designed to make study life easier to manage.



Booster Buddy is designed to help teens and young adults improve their mental health.



Calm in the Storm helps you to identify, assess and track your own stress levels and provides easy-to-use and highly effective mind/body practices.



Calm Harm provides tasks to help you resist or manage the urge to self-harm. You will be able to track your progress and notice change.



HealthyMinds is a problem-solving tool to help deal with emotions and cope with the stresses you encounter both on and off campus. The goal: Keeping your mind healthy.



MindShift will help you learn how to relax, develop more helpful ways of thinking, and identify active steps that will help you take charge of your anxiety.



SAM is a friendly app that offers a range of self-help methods for people who are serious about learning to manage their anxiety.



Stop, Breathe, & Think is a mindfulness, meditation, and compassion-building tool that is simple, fun and easy to use.



Stop, Breath, Think Kids helps kids discover their superpowers of quiet, focus and peaceful sleep with our easy-to-us app!



Breathr: Mindful Moments provides opportunities to try out a variety of mindfulness practices, while also teaching interesting facts about the brain science behind the practices.



Guidelines for Talking with Children about COVID-19:

Remain calm and reassuring

Children will react to both what is said and how it is said. If you notice you are feeling anxious, take some time to find your own calm before having a conversation with children.

Recognizing emotions

Children may have a wide variety of emotions in response to COVID-19. It is important to acknowledge and accept any feelings that arise during this time.

Make yourself available to listen and talk

Be sure children know they can come to you with any questions they may have. Invite children to tell you anything they may have heard about COVID-19 and to ask any questions they may have. Be prepared to answer any questions and avoid encouraging any frightening fantasies.

Avoid language that might blame others and may lead to stigma

Avoid making assumptions about who may have COVID-19, as viruses can make anyone sick, regardless of a person's race or ethnicity.

**Adapted by the ISD SST from information provided by: World Health Organization, Centers for Disease Control and Prevention and Child Mind Institute*

Monitor what children see or hear through media and social media

Consider reducing the amount of screen time focused on COVID-19 for children and adults. Too much focus on one topic can build anxiety.

Provide information that is honest and accurate

Give children truthful and fact-based information that is appropriate for their age and developmental stage. Remind children that not everything on the Internet and social media is accurate. It's okay if you cannot answer every concern; being available to children is what matters.

Focus on everyday safety precautions to stay safe

An important way to reassure kids is to remind them of what they can do and what is in their control.

Since COVID-19 is transmitted mostly by coughing and touching surfaces, remind children that they are taking care of themselves by thoroughly washing their hands with soap and water for 20 seconds (the length of two "Happy Birthday" songs) when they come in from outside, before they eat or prepare food, after blowing their nose, coughing, sneezing, or going to the bathroom.

If soap and water is not available, teach them to use hand sanitizer (containing at least 60% alcohol). Young children may need supervision when using hand sanitizer.

Remind children to cough or sneeze into a tissue or their elbow, then throw the tissue out and wash their hands.

**Adapted by the ISD SST from information provided by: World Health Organization, Centers for Disease Control and Prevention and Child Mind Institute*



Support healthy social activities

Teach children what is meant by *social distancing* (deliberately increasing the physical space between people to avoid spreading illness) and how this relates to the suspension of classroom learning and the cancellation of leisure and extra-curricular activities.

Encourage kids to visit loved ones and friends by electronic devices instead of in person. Writing letters to be mailed or dropped off to friends and family may also be an option.

Keep talking

Reassure kids that you will continue to keep them updated as you learn more and that they can come to you with any new questions they may have.

**Adapted by the ISD SST from information provided by: World Health Organization, Centers for Disease Control and Prevention and Child Mind Institute*

Family Resources

- Scholastic has created a FREE website – [Scholastic Learn at Home](#) – with many articles, stories, videos, and fun learning challenges.
- [Common Sense Media](#) has a variety of resources to help families cope with an extended period of time at home. There are entertainment & media recommendations such music apps and games for kids, new TV shows, movie reviews, book recommendations, etc. Also, there are tools for parents to help their children learn at home such as apps that have tutors and offer homework help in math & science, etc. Its stress-management resources can help family members who are feeling stressed or anxious.
- Remember that the great outdoors is not off limits as long as you observe social distancing rules (keep a six-foot distance from other people). So get out for some fresh air and enjoy a run through your community, bike riding, a nature-based treasure hunt, early spring cleaning (windows, decks, balconies), etc.



12 Instant Stress Busters

Try these tips to help you manage stress and anxiety in the moment



Breathe deep



Work it out



Pet a cat or dog



Have a bath



Talk it out



Get artistic



Listen to music



Spend time in nature



Laugh it off



Write it down



Take a nap



Watch TV

Visit [KidsHelpPhone.ca/Stress](https://www.kidshelpphone.ca/Stress) for more info

Kids Help Phone 



5 things you can say if you know someone is struggling with Anxiety:

- “Is something on your mind?”
- “You don’t seem like yourself lately. Do you want to talk?”
- “Is something worrying you? Can I help?”
- “What would help you feel better right now?”
- “Do you want me to go with you to talk to someone?”
- *From <[https://https://kidshelpphone.ca/](https://kidshelpphone.ca/)*



What to do if someone is having a panic attack

- Find them some help: If there are no adults around, stay with them
- Get away from a crowd of people: tell your friend to take deep breaths.
- Breathe with them: reassure them that the feeling will pass.
- From <https://https://kidshelpphone.ca/>




Continue Your Mindfulness Practice

- When you feel your anxiety creeping in, try to make it your cue to turn to some mindfulness techniques to help you feel grounded again.
- There are so many different things you can do to ease any worry spirals: You can try tactics like this 5-4-3-2-1 grounding exercise, use one of the 4 R's to direct your anxiety elsewhere, find a quiet space to take a breath break, or use different questions to combat the negative voice in your head that might be perpetuating fear.
- If you're not sure where to start, search the Shine app for meditations that fit whatever you're experiencing at the moment.
- Whatever you do to practice self-care—whether it's through meditations, exercise, or your routines—try to keep up with those habits now more than ever.
- [From https://advice.shinetext.com/articles/we-asked-experts-how-to-cope-with-your-coronavirus-anxiety/?utm_source=Shine&utm_medium=CareForYourCoronavirusAnxiety](https://advice.shinetext.com/articles/we-asked-experts-how-to-cope-with-your-coronavirus-anxiety/?utm_source=Shine&utm_medium=CareForYourCoronavirusAnxiety)



Where can I get information about COVID-19?

- Visit the [Government of Canada's website](#) for more information about COVID-19, including the latest updates, how you can protect yourself, what the symptoms are and what you can do if you feel sick.
- You can also visit [KidsHealth](#) for more details about the virus and what you can do if you're worried about a friend or family member.



“Try to remember that anxiety is a blend of fear and hope, and see if you can keep the hope part in mind too.”

- Catherine Belling, Ph.D.

Tweet