



Mental Health Resources during COVID-19

It is so important to consider our community's health and safety at this time and providing resources for the mental health and wellness of our community is certainly part of that. Please note that our staff is available to support you or to direct you to the appropriate supports, so please reach out to guidance@thehillacademy.com. These are resources adapted from those provided to Ontario public schools:

If you are having an emergency, 911. If you or someone you know is in crisis or needs help:

KidsHelpPhone: 1 800 668 6868 or text CONNECT to [686868](tel:686868)

Inform yourself and provide reliable information to your children:

Go to reputable sources for information and updates:

- World Health Organization
- Government of Canada

Keep routines/structure:

Routines provide predictability. This can include things such as learning, self care, creativity, and physical activity. The Hill Academy's schedule is set to give students structure, purpose and interaction throughout their day.

Age-appropriate explanations: (adapted from www.cmhaww.ca)

Grades 5-6: will be more vocal in asking questions about whether they truly are safe and what will happen if COVID-19 comes to their school or community. They may need assistance separating reality from rumor and fantasy. Discuss efforts of school and community leaders to prevent germs from spreading.

Grades 7-12 Older junior school and high school students are able to discuss the issue in a more in-depth fashion and can be referred directly to appropriate sources of COVID-19 facts. Provide honest, accurate, and information about the current status of COVID-19. Having such knowledge can help them feel a sense of control.

Information through social media:

Take the time to discuss how not everything on social media and the internet is always accurate information. Return to the above noted reliable sources to focus on information gathering.

Reach out and stay connected:

Organize phone calls, face-time or other methods to create connection during social isolation. Connectedness is an important part of mental wellness.

Apps/programs available to promote mental-wellness: (note: not all apps or programs are free!)

SAM (Self-Help for Anxiety Management)

Self-Help for Anxiety Management (SAM) is an app that provides people with instructions and activities for managing anxiety.

Superbetter

SuperBetter is a challenge-based framework that activates the psychological strengths of game play to build resilience and success in real life.

Happify

A program designed to bring you effective tools and programs to help you take control of your feelings and thoughts. The program was designed to introduce interventions in the fields of positive psychology, mindfulness, and cognitive behavioral therapy for decades.

Buddhify

An app that makes meditation and mindfulness accessible. Incorporates many meditations for both children and adults.

The Five-Minute Journal

Emphasizing the benefits of journaling, whether you take time to write out your full thoughts or just spend a few minutes jotting down the things you're most grateful for every day or lessons you've learned. The Five Minute Journal app makes this process easy enough to do on the go.

Calm

A meditation app for beginners that also includes programs for intermediate and advanced meditators. Guided meditation sessions are available in lengths of 3, 5, 10, 15, 20, or 25 minutes so you can choose the length that best fits your schedule.

Headspace

Learn the essentials of meditation and mindfulness with their free Basics pack. If you enjoy it, you can subscribe.

Other Resources:

- [‘Brains On’](#) (A Podcast for kids) – topics that help students understand COVID-19 and many other topics
- [WHO Infographic](#) – Helping children cope with stress during the 2019-nCoV outbreak
- Psychology Today Article: [How to talk to Kids and Teens about the Coronavirus](#)
- [Seattle Children’s Hospital](#) Research Foundation – Helping Children and Teens Cope with Anxiety About COVID-19
- [CDC](#) – Talking with children about Coronavirus Disease 2019: Messages for parents, school staff, and others working with children