

Support During COVID-19 Crisis

www.oacas.org

Mental Health/Crisis Line Telephone Services

Organization	Telephone Number	Description of Service
Kids Help Phone (24 Hours)	1-800-668-6868	Canada's only 24/7, national support service. We offer professional counselling, information and referrals and volunteer-led, text-based. <i>Kids Help Phone has expanded its mandate to include former youth in care of any age.</i>
First Nations and Inuit Hope for Wellness Help Line (24Hours)	1-855-242-3310	Immediate, culturally competent telephone counselling, 24 hours a day, seven days a week and is available in English, French and upon request in Cree, Ojibway, and Inuktitut
Telehealth Ontario	1-866-797-0000	Free, confidential telephone service you can call to get health advice or general health information from a Registered Nurse.
TeenLine	1-310-855-HOPE 1-800-852-8336 Or text TEEN to 839863	Confidential hotline for teenagers for mental health
Assaulted Women's Helpline	1-866-863-0511 (Toll Free) 1-866-863-7868 (TTY) 416-863-0511 (Toronto)	24-hour telephone and TTY crisis line to all woman who have experienced abuse including: counselling, emotional support, information and referrals.
Good2Talk	1-866-925-5454	Free, professional and confidential counselling support for post-secondary students in Ontario
Naseeha Youth Helpline	1-866-627-3342	Peer support for Muslim youth.
Trans Life Line	1-877-330-6366	Peer support service run by trans people, for trans and questioning callers.
LGBT Youthline	1-800-268-9688 Text 647-694-4275 Chat www.youthline.ca	Confidential and non-judgemental peer support through our telephone, text and chat services for lesbian, gay bisexual, transgender, transsexual, two-spirited, queer and questioning young people. Get in touch with a peer support volunteer from Sunday to Friday, 4:00PM to 9:30 PM.

Anxiety Support

- <https://www.anxietycanada.com/>
- <https://www.camh.ca/en/health-info/mental-health-and-covid-19#coping>

Self-Assessment

- <https://www.ontario.ca/page/2019-novel-coronavirus>

Statistics of Ontario

- <https://www.ontario.ca/page/2019-novel-coronavirus#section-0>

Finances

- [Coronavirus disease \(COVID-19\) – Employment and Social Development Canada](#)
- Service Canada now has a dedicated number for Employment Insurance claims exclusively related to COVID-19. The number is: 1-833-381-2725
- Emergency Assistance may be available via Ontario Works. Call the application centre at 1-877-678-6333.
- All eviction orders are suspended until further notice
- Personal income tax deadline has been extended to June 1. Community tax clinics are postponed at this time, but information will be posted at Durham.ca as it becomes available.

Helping young children

- [How to Talk to Your Kids About Coronavirus](#), PBS Kids
- [Talking to your anxious child about COVID-19](#), CMHO
- [Helping Children Cope with Emergencies](#), Centers for Disease Control and Prevention
- [Covibook: Supporting and reassuring children around the world](#) (in multiple languages), Mindheart
- [How to Talk to Kids and Teens About the Coronavirus](#), Psychology Today

Resources for teenagers and youth

- [Resources around me](#), Kids Help Phone
- [How can I cope with my feelings about the future?](#), Kids Help Phone
- [Resiliency during COVID19](#), Canadian Mental Health Association

First Nations, Inuit, and Métis focused resources and information

- [COVID-19 concerns, closures have families and communities heading out on the land](#), CBC News
- [Decolonizing community care in response to COVID-19](#), NDN Collective
- [Traditional Indigenous Kinship Practices at Home: Being Child-Centered During the Pandemic](#), Indigenous Motherhood
- [There's a massive free catalogue of Indigenous films online — and we have 6 picks to get you started](#), CBC News

Things to do at home

- [Bored during self-isolation? Tour these museums from the comfort of your couch](#), CTV News
- [Learn to code with fun games](#), Code.org
- [Stuck at home? Need a book? Booksellers are finding ways to get them to you](#), The Star
- [There's a massive free catalogue of Indigenous films online — and we have 6 picks to get you started](#), CBC News
- [Universal Makes Movies Now Playing in Theaters Available for Digital Rental](#), The Wall Street Journal

Home Schooling Resources

- [e-learning Ontario for high school students](#)
- [DDSB Continuous Student Learning](#)
- [Anti-Oppressive/Anti-Racist Home School Options During Quarantine](#)
- [List of Education Companies Offering Free Subscriptions](#)
- [Amazing Educational Resources](#)
- [No School? Let's Have Some Fun](#)
- [Special Needs for Special Kids](#)
- [Have Fun Teaching](#)
- [Idello: Resources for Online Learning](#)
- [18 Terrific Educational & Wellness Websites for Kids in Quarantine](#)
- [Brainpop](#)
- [Curiosity Stream](#) (requires paid membership)
- [Tynker](#) (coding for kids)

Meditation

The emotional benefits of meditation can include: ([Information from MayoClinic.Org](#))

- Gaining a new perspective on stressful situations
- Building skills to manage your stress
- Increasing self-awareness
- Focusing on the present
- Reducing negative emotions
- Increasing imagination and creativity
- Increasing patience and tolerance

What is Guided Meditation?

In guided meditation, our practice is shaped by another person's voice. Because the mind has a tendency to wander where it will, many of us find it easier to focus and relax when our minds aren't entirely left to their own devices. This form of meditation is often led by a (real live) guide in group settings, or by recordings presented on apps, podcasts, videos, CDs, etc. ([Information from mindworks.org](#))

Guided meditation for kids:

- <https://www.youtube.com/watch?v=CvF9AEe-ozc> – 5 minutes in length
- https://www.youtube.com/watch?v=_mX4JBBIcBk – 7 minutes in length
- <https://www.youtube.com/watch?v=DWOHcGF1Tmc> – 16 minutes in length
- <https://www.youtube.com/watch?v=nsPo4T3v6dA> – bedtime meditation – 33 minutes in length

Guided meditation scripts for caregivers to read aloud:

- <https://depts.washington.edu/hcsats/PDF/TF-%20CBT/pages/4%20Emotion%20Regulation%20Skills/Client%20Handouts/Relaxation/Child%20Relaxation%20Script.pdf>
- <https://chopra.com/articles/3-kid-friendly-meditations-your-children-will-love>