



## Mental Health Tips & Resources for HCDSB Families

Ongoing news coverage about COVID-19 (Coronavirus) may be upsetting for many children, youth and families in our community. Our HCDSB Mental Health Leadership Team has compiled a list of tips and resources to help you and your child feel safe during this time of uncertainty.

### Speaking with Children about COVID-19

Key messages for supporting children include:

- Reassure your child(ren) that they are safe.
- Provide extra emotional support (attention and affection).
- Minimize their exposure to media coverage of the events.
- Talk calmly about the events, and answer any questions they might have at a good level for their age (not too much detail, especially for younger children).
- Look for signs that your child is struggling (e.g., nervousness, irritability, problems eating or sleeping), and check in with a professional if you are worried.

### Helpful Resources

- [Talking to Children About COVID-19 – A Parent Resource](#)
- [Talking with Children: Tips for Caregivers, Parents & Teachers](#)

### Community Resources

In addition, parents may want to further explore the following resources in our community:

- Halton ADAPT: <https://haltonadapt.org/>
- Halton Multicultural Council: <http://hmcconnections.com/>
- Halton Region: <https://www.halton.ca>
- Kids Help Phone: <https://kidshelpphone.ca>
- Reach Out Centre for Kids (ROCK): <https://rockonline.ca>
- School Mental Health Ontario: <https://smho-smsso.ca/>
- Telehealth Ontario: <https://www.ontario.ca/page/get-medical-advice-telehealth-ontario>
- Woodview: <https://woodview.ca/>