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](https://haltonadapt.org/)
- [Talking with Children: Tips for Caregivers, Parents & Teachers](http://hmccconnections.com/)

**Community Resources**

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

- Halton ADAPT: [https://haltonadapt.org/](https://haltonadapt.org/)
- Halton Region: [https://www.halton.ca](https://www.halton.ca)
- Kids Help Phone: [https://kidshelpphone.ca](https://kidshelpphone.ca)
- Reach Out Centre for Kids (ROCK): [https://rockonline.ca](https://rockonline.ca)
- School Mental Health Ontario: [https://smho-smso.ca/](https://smho-smso.ca/)
- Telehealth Ontario: [https://www.ontario.ca/page/get-medical-advice-telehealth-ontario](https://www.ontario.ca/page/get-medical-advice-telehealth-ontario)
- Woodview: [https://woodview.ca/](https://woodview.ca/)