

Mental health Resources for Kids and Teens

- **Talk to your anxious child or teen with coronavirus: Tips from the Anxiety and Depression Association of America**
<https://adaa.org/learn-from-us/from-the-experts/blog-posts/consumer/how-talk-your-anxious-child-or-teen-about>
- **#COVIBOOK: Storybook for children under 7**
<https://www.mindheart.co/descargables>
- **Yoga for kids**
https://www.youtube.com/channel/UC5ulZ2KOZZeQDQo_Gsi_qbQ
- **Free course on managing anxiety**
<https://maps.anxietycanada.com/courses/child-map/>
- **Local walk-in clinic for children and teens with mental health concerns**
<https://www.hdgh.org/regionalchildrenscentre>

Help for parents and Caregivers

- **Resources for financial support**
<https://www.canada.ca/en/financial-consumer-agency/services/covid-19-managing-financial-health.html>
- **Managing Anxiety**
<https://maps.anxietycanada.com/courses/my-anxiety-plan-map-for-adults/1006-1549>
- **Local Walk-Clinic for adults with mental health concerns**
<https://fswe.ca/counselling/walk-in-clinic/>
- **Wellness Together Canada:** Free mental health support for all Canadians as of April 15, 2020
<https://ca.portal.gs/>
- **Windsor Essex Counselling Support Line**
Call 519-946-3277 or 1-877-451-1055
Available 24/7 English and French