

## Websites

<https://www.albertahealthservices.ca/amh/Page16759.aspx>

Help in Tough Times- website put together by AHS that has different resources and phone numbers for residents of Alberta, as well as links to resources for managing stress, anxiety and depression, to name a few.

<https://www.heretohelp.bc.ca/infosheet/covid-19-and-anxiety>

Here to help has various resources including specific resources for covid-19 and mental health. The above link is an info sheet on anxiety and COVID-19, there are many other useful tools on this website for various mental health concerns.

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/talking-with-children.html>

The CDC has put together some resources for managing stress and talking with children about Covid-19. Please note the numbers on the website are American phone numbers

<https://www.tenpercent.com>

Ten Percent Happier is a meditation and mindfulness app/website that has a covid-19 specific page that looks at different ways of coping with stress and uncertainty.

<https://palousemindfulness.com>

Palouse offers a free 8 week online course of Mindfulness Based Stress Reduction (MBSR) which is similar to the Mindful Journey course that we offer at the SCPCN

<https://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself>

Centre for Clinical Interventions is based out of Australia and has a variety of free self-help workbooks from concerns such as anxiety, depression, perfectionism, self-compassion, assertiveness and the list goes on. Please read the sites disclaimer prior to starting a workbook.