

## **COVID-19 RESOURCES FOR STUDENTS AND PARENTS:**

***\*\*All AHS sites are operational, and families can take children to all sites re: mental health and Covid-19 concerns. If the child, youth, or family is symptomatic, please call 811 prior to coming directly to the hospital \*\****

### ROCKY VIEW SCHOOLS RESOURCES:

<https://www.rockyview.ab.ca/continuity-plan/parent-resources>

### CASEL RESOURCES:

<https://casel.org/covid-resources/>

TEXT 4 HOPE: <https://www.albertahealthservices.ca/topics/Page17019.aspx>

MIND CONTROL: Managing your Mental Health during COVID-19  
(U of T online course)

<https://www.coursera.org/learn/manage-health-covid-19?>

ACCESS MENTAL HEALTH: 403-943-1500

HEALTH LINK: 811

COMMUNITY AND SOCIAL SERVICES HELP LINE: 211

### Jack.org:

***This week, Jack.org launched the [COVID-19 Youth Mental Health Resource Hub](#) (affectionately nicknamed "The Hub") in a powerful partnership with Kids Help Phone and School Mental Health Ontario. This digital hub of mental health resources includes tools for people to support themselves, support others, improve their self-care practice, free apps, daily online classes, reliable COVID-19 information, and so much more. Please share it widely with the young people!***

# **SCHS Counselling Resource List**

## **Crisis**

Distress Centre: 403-266-4357; <https://www.distresscentre.com/>

- Online chat available 3-10 p.m.
- Mobile Response Team for any crisis

Connecteen: 403-264-8336 (24/7); 1-888-456-2323; Text (daily) 587-333-2724

<https://calgaryconnecteen.com/>

Suicide Prevention and Support: 1-833-456-4566 (24/7); Text 45645 (4 pm - 12 am)

<https://www.crisisservicescanada.ca/en/>

Transgender Suicide Hotline: 1-877-330-6366

Kids Help Phone: 1-800-668-6868; <https://kidshelpphone.ca/>

Alberta's One Line for Sexual Violence: 1-866-403-8000 (text or talk)

Calgary Food Bank: 403-253-2059

## **Abuse/Family/Domestic Violence**

Calgary and Area Child and Family Services/SSRT: Call to report neglect or abuse over child welfare - 403-297-2995

Child Abuse Hotline: 1-800-387-5437

Calgary and Area Child Advocacy Centre: 403-428-5300

- Support for children and youth who have experienced abuse

Calgary Women's Emergency Shelter: 403-234-7233 (24-hour Family Violence Help -line); calgarywomensshelter.com

- shelter/individual/youth/adolescent counselling
- Men's counselling
- Court supports/community supports

YW Sheriff King Home (Domestic Violence Shelter): 403-266-0707

Awo TAAN Healing Lodge (Emergency Women's Shelter): 403-531-1972

## Counselling

**Access Mental Health:** 403-943-1500

- information about accessing Alberta Health Services specific to mental health

**Cochrane Addiction and Mental Health Clinic:** 403-851-6100 (Administration), Tollfree 1-877-652-4700 (Intake Line)

- 60 Grande Boulevard, Cochrane
  - assessing, treating and follow up
  - providing information
  - referring people to other mental wellness services

**Calgary Counselling Center:** 403-265-4980; <https://calgarycounselling.com/>

**Distress Centre:** 403-266-4357; <https://www.distresscentre.com/>

- Online chat available 3-10 p.m.
- Mobile Response Team for any crisis

**Connecteen:** 403-264-8336 (24/7), 1-888-456-2323, Text (daily) 587-333-2724

<https://calgaryconnecteen.com/>

**South Calgary Health Center Mental Health Walk-In (temporarily suspended):**

- Monday - Thursday- 4-7 p.m./Friday 9-12/closed weekends and stat holidays 31 Sunpark Plaza SE, Calgary 2 floor, Mental Health Area, North Entrance, take elevator to second floor and ask for "Walk- In"

**Woods Homes:** 403-299-9699 or 1-800-563-6106; text 587-315-5000 or LiveChat: available 9:00am to 10:00pm (crisis support over the telephone),

Wood's had added an email to facilitate call backs [crtsupport@woodshomes.ca](mailto:crtsupport@woodshomes.ca) or e-therapy is also available at [ecounselling@woodshomes.ca](mailto:ecounselling@woodshomes.ca).

Website: woodshomes.ca

*Seven days per week, 24 hours per day; Wood's Homes is a children's mental health centre that provides treatment and support for children, youth and families with mental health needs.*

- Live chat
- Walk-ins (temporarily suspended)

**Centre for Sexuality:** LGBTQ supports, STI testing - 403-283-5580; [info@centreforsexuality.ca](mailto:info@centreforsexuality.ca)

- 700-1509 Centre Street SW

**Calgary Communities Against Sexual Assault:** 403-237-5888 (support and information)

**Calgary Family Therapy Center:** 403-802-1680; email [cftc@ucalgary.ca](mailto:cftc@ucalgary.ca)

## **Addictions**

Cochrane Addictions and Mental Health: 403-851-6100 (Administration); 1-877-652-4700 (Intake Line)

Addiction Services - Youth Outpatient Counselling (Alberta Health Services): 403-943-1500 (Access Mental Health); 403-297-4664

**Location:** [Youth Substance Use and Mental Health Services](#)

Provides substance use screening, assessment, individual and family counselling, and referral services to treatment programs both external and internal to Alberta Health Services

This service offers:

- individual and family counselling
- addiction screening, assessment and treatment
- referral services

## **APPS**

SAM (Self-help for Anxiety Management): anxiety toolkit

Mindshift: games and strategies to help manage anxiety

Head Space: mindfulness meditation

Breathe 2 Relax: helps regulate breathing if experiencing elevated mood or panic attack

What's Up: help to calm and, feel better, and challenge thoughts

Smiling Mind: mindfulness meditation and emotion checking

Happify: games and activities to overcome negative thoughts and stress

Fear Tools: CBT based tools to help combat anxiety

Mood Tools: CBT based tools to help with depression, anxiety and sadness

Virtual Hope Box: coping, distracting, and relaxing tools

## **Parent Specific Resources**

Workplace Strategies for Mental Health (website):

<https://www.workplacestrategiesformentalhealth.com/managing-workplace-issues/identifying-workplace-issues>

Fostering Resilience (website): [http://www.fosteringresilience.com/stress\\_management\\_plan.php](http://www.fosteringresilience.com/stress_management_plan.php)

- Professional/Parent/Teen sections

## **Other Websites**

Anxietycanada.com

Jack.org