



Child and Youth Mental Health and Substance Use Resources for COVID-19

Parent Resources: Managing Stress and Anxiety

- COVID-19 Parenting Tips (*WHO/UNICEF*)
- Parenting During COVID-19 (*BC Children's Kelty Mental Health Resource Centre*)
- Managing Stress and Anxiety (*For caregivers; CDC*)

Patient Resources: Managing Stress and Anxiety

- Psychological First Aid Field Guide
- Mental Health Commission of Canada: Helping others during COVID-19

Virtual Mental Health Services

- BounceBack BC (*Online & phone-based CBT for anxiety & depression - ages 15+*)
- Confident Parents (*Phone-based parent coaching for anxiety & behavior problems*)
- KidsHelpPhone (*kidshelpphone.ca or dial 1-800-668-6868. For ages 20 & under. Professional counsellors available 24/7*)

Service Provider Resources: Self-Care

- Royal College: Wellness Resources for Healthcare Professionals (*Royal College of Physicians*)
- Psychological Support for Providers (*phone support from psychologists in BC for health and essential service providers*)
- Ensuring your own wellbeing while caring for others
- Supporting the Psychosocial Wellbeing of Health Care Providers During COVID-19 (*BCCDC*)

Physician Resources: Self-Care

- PHP Peer Support Zoom Groups
- PHP 24hr Phone Support Line
- UBC CPD: Managing COVID-19 Emotions (*webinar*)

Community-Wide Resources: Planning and Mental Health

- Mental health and psychosocial considerations during the COVID-19 outbreak (*WHO*)
- COVID-19 & violence against women: What the health sector can do (*WHO*)

Clinical Resources and Information

- BCCDC COVID-19 Information & Resource Hub
- BC COVID-19 Symptom Self-Assessment Tool
- BC COVID-19 Support App

Other

- **Physicians: See the Pathways COVID-19 Resource Directory*
- BC Paediatrics Society COVID-19 Resources
- PHSa COVID-19 Virtual Health Toolkit