

Mental Health COVID 19 Resources for Parents/Adults

MANAGING CORONA VIRUS (COVID-19) ANXIETY

♥ For You

- Avoid excessive exposure to media coverage
- Connect through calls/text/internet
- Add extra time for daily stress relief
- Practice self-care
- Focus on your mental health

BlessingManifesting

For Kids

- Reassure them that they're safe
- Let them talk about their worries
- Share your own coping skills
- Limit their news exposure
- Create a routine & structure

For Quarantine/Isolation

- Keep in contact with your loved ones via social media, texts, and phone calls
- Create a daily self-care routine
- Keep yourself busy: games, books, movies
- Focus on new relaxation techniques

MENTAL HEALTH AND COPING DURING CORONAVIRUS

REACTIONS YOU MAY FEEL INCLUDE:

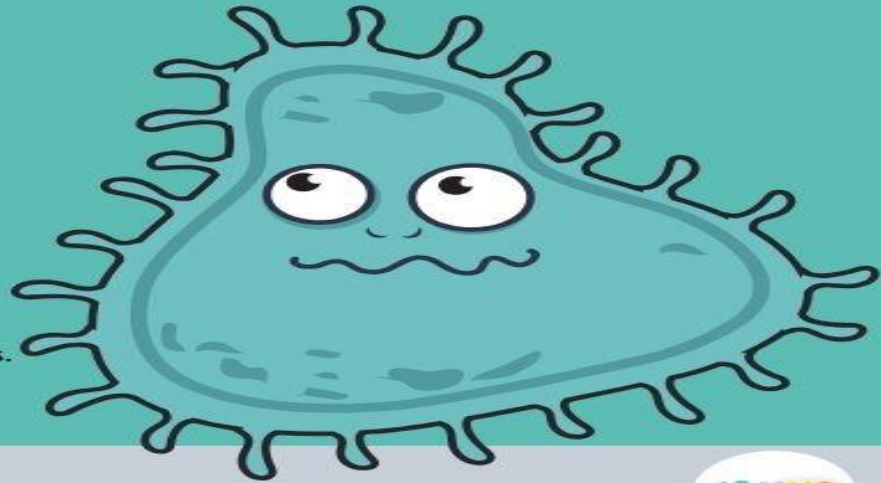
- Fear and worry about your own health status and that of your loved ones.
- Changes in sleep or eating patterns.
- Difficulty concentrating.
- Worsening of chronic health problems.
- Increased use of alcohol, tobacco, or other drugs.

THINGS YOU CAN DO TO SUPPORT YOURSELF:

- Avoid excessive exposure to media coverage of Coronavirus.
- Take care of your body. Take deep breaths, stretch or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep and avoid alcohol and drugs.
- Make time to unwind and remind yourself that strong feelings will fade.
- Connect with others and share your concerns and how you are feeling with friends or family members.
- Maintain healthy relationships.
- Maintain a sense of hope and positive thinking.

TAKING CARE OF YOUR WELLBEING:

- Connect with people
- Decide on your routine
- Try to keep active
- Keep your mind stimulated
- Take care with news and information
- Find ways to relax and be creative



Teens * Social Distancing * Covid 19

What parents may be seeing/hearing:

excessive screen time
swearing
defiance
disrespect
ignoring

complaining
sneaking
refusing
fighting
leaving

What teens may be experiencing:

boredom
helplessness
lack of skills
disconnection
emotionally
dis-regulated

fear
worry
confusion
powerlessness
misunderstanding
worry about social status

Rather than focusing on the tip of the iceberg, problem solve with teens by addressing what is under the surface



Online Resources for Talking to Teens About COVID19

[Supporting Teens and young adults During the Coronavirus/](#)

[Helping Teens Cope During Stressful Events](#)

[Talking with kids about COVID 19](#)

[Coping and Connections for children and families during COVID 19](#)

[Help in Tough Times](#)

Get Help Now

Emergency – 911

Health Link – 811

Important Phone Numbers

- Addiction Helpline – 1-866-332-2322
- Family Violence – Find Supports – 310-1818
- Income Supports – 1-866-644-5135
- Kids Help Phone – 1-800-668-6868
- Mental Health Helpline – 1-877-303-2642
- MyHealth.Alberta.ca: List of Important Numbers
- Toll Free Crisis Line / Distress Centres

Check This out!

Text4Hope- Text
COVID19HOPE to 393939
For mental health and
wellness support during a
time of stress and isolation