Mental Health Resources

This week marks the 69th anniversary of celebrating the Canadian Mental Health Association (CMHA) Mental Health Week in Canada. This year Mental Health week is from May 4th-10th, 2020. Historically, this week has been used widely to shift perceptions about mental health, promote well-being and create a culture of understanding and acceptance around mental health.

The theme of this year’s Mental Health Week is **social connection**. Connecting with other people and our communities doesn’t just feel good, it’s good for our mental health. By feeling socially connected – you feel close and connected to others, and you don’t have to be in physical proximity for a close connection. As we continue to face the COVID-19 pandemic globally, we need each other more than ever before. CMHA challenges Canadians to #GetReal about how we are feeling, and lean on others for support. Remember, we don’t have to be in close proximity to feel close, or to lend emotional support to others. Although we may physically be apart, let’s work together to support one another through these challenging times.

For more information from CMHA on Mental Health Week checkout the following resources:

- Visit [www.mentalhealthweek.ca](http://www.mentalhealthweek.ca) for information and tools for National Mental Health Week
- Connect on social media: Use Facebook & Twitter using the hashtags #GetReal and #MentalHealthWeek
- 24/7 Crisis Support Phone Number: Dufferin Peel [click here](#)

**CDRCP Webinars and Resources to support Mental Health:**

- **Webinar:** Talking to Children About COVID-19 [click here](#)
- **Webinar:** Understanding and Supporting Children’s Mental Health [click here](#)
- **Webinar:** Mental Health & Resilience During COVID-19, Webinar from CTRI [click here](#)
- **Webinar:** Why Nutrition Matters for Mental Health [click here](#)
- **Webinar:** Mindfulness & Self-Care Strategies [click here](#)
- **Resource Document:** Self-care and Wellness Resources [click here](#)
- **Resource Document:** Resiliency and Self-Care from Home [click here](#)

**Resources that Support Positive Mental Health:**

- **Article:** Benefits of Good Mental Health from CMHA [click here](#)
- **Quiz:** Am I Practicing Enough Self Care?, from Kids Help Phone [click here](#)
- **Article:** Mental Health Tool Kit from Pathstone Mental Health [click here](#)

**Tips for Managing Mental Health: Youth & Children**

- **Article:** COVID-19 Youth Mental Health Resource Hub [click here](#)
- **Article:** Easing School Concerns for Children During COVID-19, from Kids Help Phone [click here](#)
- **Activity:** Worry Rocket, from Kids Help Phone [click here](#)
- **Activity:** Inspirational Images to Lift You Up, from Kids Help Phone [click here](#)
- **Article:** Tips for Supporting Anxious Children, from CTRI [click here](#)
Stress Relief & Anxiety Relief Exercises:

- **Activity**: Stress Reduction Guided Exercise Recordings from CTRI [click here]
- **Activity**: Mindful Breathing Tips from CTRI [click here]
- **Article**: Coping with Stress and Anxiety from CAMH [click here]

Resources for Grief:

- **Video**: 3 Ways to Help a Child Experiencing Loss from CTRI [click here]
- **Article**: Grief from CMHA [click here]
- **Article**: Understanding Greif in the Age of the COVID-19 Pandemic [click here]
- **Articles**: Understanding and Moving Through Grief [click here]

Are you looking for additional information and resources? Reach out to InfoPeel.ca for information on:

- Emergency Child Care for Essential Workers ● Virtual EarlyON Programs ● Special Needs Programs and Supports
- ● Community Services Directory ● French Directory

www.infopeel.ca online chat: Monday – Friday from 9 am – 5 pm