



# Elk Island Public Schools

March 17, 2020

**Elk Island Public Schools is committed to providing mental health support and resources to students, families and staff during COVID-19. You can find trustworthy resources and information here.**

## **MENTAL HEALTH RESOURCES**

### **FOR STUDENTS:**

- Who can I talk to for support?
  - Kids Help Phone: 1.800.668.6868 (toll free across Canada) or text 686868 or chat [www.kidshelpphone.ca](http://www.kidshelpphone.ca)
  - Mental Health Help Line: 1.877.303.2642 (toll free within Alberta)
- Helpful Resource: Psychological Coping during a Pandemic

### **FOR PARENTS:**

- What if I need health advice or general health information for me or my children? (Health Link 811 - Translation Services available)
- How do I talk to my younger children about the coronavirus?
- How do I talk to my school-aged children about the coronavirus?
- Where can I find visual supports or pictures to help me explain this to my child?
- Where can I find reliable information from the Government of Alberta about the coronavirus?
- What community and social services supports are available?
- Helpful Resource: Psychological Coping during a Pandemic