COVID 19 Update March 31

**Educator Supports**

**Student Mental Health Ontario – SMHO**

[How to support student mental health during COVID 19 pandemic](https://smho-smso.ca/blog/how-to-support-student-mental-health-during-the-covid-19-pandemic/)

[New resources focus on mentally healthy schools and classrooms](https://smho-smso.ca/blog/new-resources-focus-on-mentally-healthy-schools-and-classrooms/)

Webinars coming soon.

**The Elementary Teachers’ Federation of Ontario – ETFO**

[Everyday Mental Health Classroom Resource](http://www.etfo.ca/SupportingMembers/Resources/Pages/everydaymentalhealthresource.aspx)

[PRS Member Mental Health](http://www.etfo.ca/SupportingMembers/Employees/PRSMattersBulletin/Pages/Member%20Mental%20Health%20-%202017.aspx)

**Center for Addiction and Mental Health – CAMH**

[Talking to your anxious child about Covid 19](https://www.cmho.org/blog/blog-news/6519918-talking-to-your-anxious-child-about-covid-19)

[Mental Health and the Covid 19 Pandemic](http://www.camh.ca/en/health-info/mental-health-and-covid-19)

**Ontario Teachers’ Federation – OTF**

[Mental Health Strategies](http://www.teachspeced.ca/mental-health-strategies)

[Teaching Strategies for Students with Special Needs](http://www.teachspeced.ca/teaching-strategies-students-special-needs)

[Survive and Thrive](https://survivethrive.on.ca/article-category/teacher-wellbeing/)

**Ontario Physical and Health Education Association- OPHEA**

[Mental Health Program Guide](https://teachingtools.ophea.net/activities/level-up/program-guide/mental-health)

**Facing History**

[Support for Teachers During the COVID 19 Outbreak - webinars](https://www.facinghistory.org/resource-library/support-teachers-coronavirus-covid-19-outbreak?utm_source=helllobar&utm_medium=topbar)

**Teaching Tolerance**

[Teaching Coronavirus: What Educators Need Right Now](https://www.tolerance.org/magazine/teaching-through-coronavirus-what-educators-need-right-now)

**Canadian Mental Health Association - CMHA**

[Covid 19: Mental Health and Well Being](https://cmha.ca/news/covid-19-and-mental-health)

**Pearson Canada**

[K-12 digital learning resources online – available till May 25, 2020](http://www.pearsoncanada.ca/athome)

**Parental Supports**

**Student Mental Health Ontario – SMHO**

[Take Action – How to talk with your child](https://smho-smso.ca/parents-and-families/take-action/how-to-talk-with-your-child-when-you-feel-concerned-they-may-be-struggling-with-a-mental-health-problem/)

[12 Easy and Fun Mental Health Practices](https://smho-smso.ca/blog/12-easy-and-fun-mental-health-practices-to-try-with-your-children-at-home/)

**Children’s Mental Health Ontario – CMHO**

[Talking to your anxious child about Covid 19](https://www.cmho.org/blog/blog-news/6519918-talking-to-your-anxious-child-about-covid-19)

[Mental Health and the Covid 19 Pandemic](http://www.camh.ca/en/health-info/mental-health-and-covid-19)

**Ontario Teachers’ Federation – OTF**

[Parental Engagement - Engaging in Wellbeing and Safety](https://www.parentengagement.ca/)

**Center for Addiction and Mental Health – CAMH**

[Talking to kids](http://www.camh.ca/-/media/files/camh_covid19_infosheet-talking_to_kids-pdf.pdf)

**Student Supports**

**Student Mental Health Ontario – SMHO**

[Reaching Out](https://smho-smso.ca/wp-content/uploads/2020/03/Reaching-Out.pdf)

**Kids Help Phone**

[We’re here for you during Covid 19](https://kidshelpphone.ca/get-info/were-here-for-you-during-covid-19-novel-coronavirus/)

Call - You can reach a Kids Help Phone counsellor 24/7 at 1-800-668-6868

[Text](https://kidshelpphone.ca/text/) – Connect to 686868

[Live Chat](https://kidshelpphone.ca/live-chat/)

**Bell Let’s Talk**

[Bell Let’s Talk Resources](https://letstalk.bell.ca/en/get-help)