

Mental Health Resources

Resources for Parents/Guardians/Students/Staff:

In our continued effort to support families during these difficult times, Swan Valley School Division Student Services Team has organized resources for parents, students and staff below. These resources can provide support for stress management, coping skills, and advice on how to talk with your children about COVID-19. Below please see resources for if you are feeling in crisis or if you need additional supports for yourself or family. If you have reviewed and examined the links, and are still uncertain as to which resources may be beneficial to your concern, you may contact either of our SVSD Clinicians via email, and they can try to provide some help on which resources may be most beneficial for you.

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[Notice to Parents on Information Sharing](#)

If you are in crisis, please call:

- **Mental Health Crisis Response Service** - Adult and Youth (24/7): 1-866-332-3030
- **Kids Help Phone Teen Line:** 1-800-668-6868 or text **CONNECT** to 686868 <https://kidshelpphone.ca>
- **Klinic Crisis Line:** 204-786-8686 or 1-888-322-3019, TTY 204-784-4097
- **Manitoba Suicide Line:** 1-877-435-7170
- **Manitoba Association of Women's Shelters** - confidential provincial toll-free crisis line: 1-877-977-0007
- **Indigenous Specific Crisis Services** – Counselling available in English and French, and in Cree, Ojibway, and Inuktitut upon request: 1-855-242-3310

Wellness and/or Mental Health Activities:

Students:

- [The WE Wellbeing Playbook](#)
- [Towards Flourishing for All - Everyday](#)
Strategies: https://www.gov.mb.ca/healthychild/towardsflourishing/tf_forall.pdf
contact: mentalhealthpromotion@wrha.mb.ca
- [Series of YouTube videos on mental wellbeing](#)
- [Social/emotional wellbeing](#)
- [Mindfulness for Teens - Guided Meditations](#)

Families:

- [COVID-19 Journal](#)
- [KidThink](#) - Phone: 431-388-5373

- Parents' Wellbeing- Young Minds - identifying calming strategies/breaks for you and your child
- Make it Stick Parenting
- Big Life Journal - free resources
- Big Life Journal - My 2020 Quarantine Time Capsule
- Triple P Parenting - Top Parenting Tips for Parents and Carers in Uncertain Times
- Manitoba Government - Mental Health Virtual Therapy Program
- Parent Resource - Talking to children about COVID-19
- Picture Story to Discuss COVID-19
- Covid-19 Indigenous Health Resources <https://sharedhealthmb.ca/covid19/indigenous-health/>
- Strongest Families Institute – <https://strongestfamilies.com/>

Additional Supports:

- All IN Peer Support for Families - Free Online Support Groups
- All IN Peer Support for Families - Free Online Workshops
- Anxiety Canada
- Anxiety Disorders of Manitoba Support Line
- Mood Disorders Association of Manitoba - several on-line support groups - Warm Line: 204-786-0987
- Aulneau Renewal Centre – wellness check-in by phone (this is not a counselling session but a free information/ coping session) - Phone: 204-987-7090
- Centre for ADHD Awareness Canada
- Canadian Mental Health Association
- Canadian Mental Health Association - Manitoba
- Centre for School Mental Health
- Jack.org
- Manitoba Farm, Rural & Northern Support Services - online counselling - Phone: 1-866-367-3276 (hours Mon-Fri 10 am to 9 pm)
- Mental Health Commission of Canada
- Nor West Youth Hub
- Rainbow Resource Centre - continuing to offer all services and phone/zoom counselling to the 2SLGBTQ+ community throughout this crisis
- Reaching In Reaching Out - Resiliency Building
- Seneca House - Warm Line: 204-942-9276
- Shared Health - Mental Health Resources
- Sources of Strength - COVID Resources
- Wellness Together Canada - Mental Health and Substance Use Support
- Youth QuarantEEN Support Line - Coping with COVID - Phone: 204-792-2277 Mon-Sat 3:00 p.m. - 8:30 p.m.