

# COVID-19: Mental Health & Well-being Resources for Schools

## 1 Reducing Stigma (Adult references)

- Centre for Addiction & Mental Health  
<https://camh.ca/en/health-info/mental-health-and-covid-19/stigma-and-prejudice>
- Centre for Disease Control  
[https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/reducing-stigma.html?CDC\\_AA\\_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fsymptoms-testing%2Freducing-stigma.html](https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/reducing-stigma.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fsymptoms-testing%2Freducing-stigma.html)

## 2 Communication

- School Mental Health Ontario - Class Conversation Starters  
<https://smho-smso.ca/wp-content/uploads/2020/09/Class-Conversation-Starters-EN.pdf>
- School Mental Health Ontario - Conversation Starters for Return to School  
<https://smho-smso.ca/blog/supporting-mental-health-and-wellness-during-the-return-to-school-tips-for-parents-and-families/>
- Anxiety Canada - Talking to Kids About COVID-19  
<https://www.anxietycanada.com/articles/talking-to-kids-about-covid-19/>
- Children's Mental Health Ontario - Talking to your Anxious Child about COVID-19  
<http://cmho.org/talking-to-your-anxious-child-about-covid-19/>

## 3 Supporting Mental Well-being

- School Mental Health Ontario - Supporting Student Mental Health During a Pandemic: (Educators)  
[https://smho-smso.ca/wp-content/uploads/2020/08/Info-Sheet-for-educators\\_Supporting-Student-MH-During-a-Pandemic-EN.pdf](https://smho-smso.ca/wp-content/uploads/2020/08/Info-Sheet-for-educators_Supporting-Student-MH-During-a-Pandemic-EN.pdf)
- Anxiety Canada – 7 Tips for Educators Returning to School During COVID-19  
<https://www.anxietycanada.com/articles/7-tips-for-educators-returning-to-school-during-covid-19/>
- School Mental Health Ontario - Mental Health Activities (elementary)  
<https://smho-smso.ca/blog/12-easy-and-fun-mental-health-practices-to-try-with-your-children-at-home/>
- Children's Mental Health Ontario - Tips for Supporting Your Family's Mental Wellness  
<https://cmho.org/tips-for-supporting-your-familys-mental-wellness/>



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## 3 Supporting Mental Well-being

- Government of Ontario - You and Your Family's Mental Health  
<https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19/resources-parents-children.html#a2>
- Assembly of First Nations: Mental Wellness and Covid-19 Tips  
[https://www.afn.ca/wp-content/uploads/2020/04/CoronaVirus\\_Factsheet\\_RED\\_ENG.pdf](https://www.afn.ca/wp-content/uploads/2020/04/CoronaVirus_Factsheet_RED_ENG.pdf)

## 4 Self-Care and Resiliency

- School Mental Health Ontario – Self-Care & Resiliency Tips  
<https://smho-smso.ca/wp-content/uploads/2020/04/TipSheet-Personal-Resiliency-During-Covid19-ENG.pdf>  
<https://smho-smso.ca/wp-content/uploads/2020/03/Self-Care-101.pdf>
- Public Health Ontario - Taking Care of Yourself and Each Other  
<https://www.publichealthontario.ca/en/diseases-and-conditions/infectious-diseases/respiratory-diseases/novel-coronavirus/public-resources> and scroll to Taking Care of Yourself and Each Other link

## 5 Reaching Out: School, Community and Home Supports

- School Mental Health Ontario - Noticing Mental Health Concerns in your Child  
<https://smho-smso.ca/wp-content/uploads/2020/08/Info-sheet-noticing-concerns.pdf>
- School Mental Health Ontario - Reaching Out for Help  
<https://smho-smso.ca/wp-content/uploads/2020/03/Reaching-Out.pdf>
- School Mental Health Ontario - Suicide Prevention  
[https://smho-smso.ca/wp-content/uploads/2020/09/Prepare\\_Prevent\\_Respond\\_Web.pdf](https://smho-smso.ca/wp-content/uploads/2020/09/Prepare_Prevent_Respond_Web.pdf)

## 6 Additional Resources:

- <https://www.hamilton.ca/coronavirus/taking-care-your-mental-health>
- <https://www.hwcdsb.ca/studentmentalhealthandwellbeing/>
- <https://www.hwdsb.on.ca/secondary/supports/mental-health-and-well-being/>
- <https://jack.org/covid>

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