**COVID Resource List**

**Information on Covid-19**

**Alberta information**: <https://www.alberta.ca/coronavirus-info-for-albertans.aspx#toc-9>

**Canadian information**: <https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html>

**Alberta Health Services information:** <https://www.albertahealthservices.ca/topics/Page16944.aspx>

**Sickkids Covid learning hub:** <https://www.aboutkidshealth.ca/COVID-19>

**University of Calgary information**: <https://ucalgary.ca/risk/emergency-management/plans-procedures/covid-19-response>

**WHO information**: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

**Clinical guide for supporting patients with intellectual disability or Autism during the pandemic:** https://www.england.nhs.uk/coronavirus/wp-content/uploads/sites/52/2020/03/C0031\_Specialty-guide\_LD-and-coronavirus-v1\_-24-March.pdf

**How to talk to children about Covid-19**

<https://www.cps.ca/en/blog-blogue/how-can-we-talk-to-kids-about-covid-19>

<https://www.caringforkids.cps.ca/handouts/disaster>

<https://www.psychologytoday.com/us/blog/smart-parenting-smarter-kids/202003/how-talk-kids-and-teens-about-the-coronavirus>

<https://www.anxietycanada.com/articles/talking-to-kids-about-covid-19/>

**Social story explaining Corona virus**: <https://theadditionalneedsblogfather.files.wordpress.com/2020/03/hello-im-coronavirus.pdf>

**Crisis intervention and support**

For immediate life-threatening emergencies call 911 or go to emergency room.

Many family doctors in Alberta are offering telemedicine and remote services. Contact your healthcare professionals to learn how they can assist you.

**Call 211:** <https://www.ab.211.ca/>

Phone, text, live chat, and links to community resources and supports.

**Kids help phone:** <https://kidshelpphone.ca/>; 1-800-668-6868

Phone, text, and live chat providing support and counselling for children and youth. Links and online advice for mental health resources and supports.

**Distress Centre:** <https://www.distresscentre.com/>; 403.266.HELP (4357)

24 hour crisis line, email, daily chat, and daily text for our youth, professional counselling and connection to support.

**Wood’s Homes**: <https://www.woodshomes.ca/>; 403-299-9699, 1-800-563-6106

Text, chat, and phone services.

**Mental Health Help Line**: <https://www.albertahealthservices.ca/amh/amh.aspx>; 1-877-303-2642. 24 hour province-wide help line.

**Association of Alberta Sexual Assault Services:** <https://aasas.ca/>; **Alberta's One Line**: Call or text 1-866-403-8000 for advice and support regarding experiences of sexual violence.

**Calgary Women’s Emergency Shelter:** <https://www.calgarywomensshelter.com/index.php/programs/24-hour-family-violence-helpline>;Family Violence Helpline: 24/7 support: 403-234-7233, toll-free: 1-866-606-7233

**Calgary Communities Against Sexual Abuse**: <http://www.calgarycasa.com/>; 403-237-5888 for support and information.

**Alberta Health Services Addiction Helpline**: **1-866-332-2323**for advice and service referral for adults and youth requiring addiction support, translation services available. Available 7am-11pm 7 days per week.

**Community resources**

**Calgary United Way**: <https://calgaryunitedway.org/covid-agency/#individuals>

Information and coordination of resources and information regarding Covid in the Calgary community.

**Calgary food Bank:** <https://www.calgaryfoodbank.com/>

**University of Calgary resources**: <https://ucalgary.ca/community/covid-19-support>

Information from experts at the University of Calgary including webinars and podcasts about mental health, and education.

**Mental health and anxiety information for children**

**Calgary Counselling Centre:** <https://calgarycounselling.com/covid19>

Online counselling during pandemic restrictions as well as online mental health information. Payment on a sliding scale

**CMHA Calgary Peer support**: 403-297-1402 or email [peer@cmha.calgary.ab.ca](mailto:peer@cmha.calgary.ab.ca).

Emails and phone call responded to based on volume between the hours fo 9am-4pm

**Anxiety Canada:** <https://www.anxietycanada.com/>

Education geared towards children and adolescents with anxiety disorders.

**The ABC’s of Mental Health:** <https://www.sickkidscmh.ca/ABC/Welcome.aspx>

Free web-based mental health resources for parents and teachers on a variety of mental health topics, including anxiety and mood disorders.

**Children’s Mental Health Learning Series:** <https://www.alberta.ca/childrens-mental-health.aspx>

Provides families with information to increase knowledge and support children and adolescents with mental health concerns.

**Psychologists Association of Alberta Disaster Response Network:** <https://psychologistsassociation.ab.ca/about-paa/disaster-response-network/>

Short term psychology counselling by volunteer psychologists for those affected by disaster

**American Academy of Child and Adolescent Psychiatry Resource list:** <https://www.aacap.org/coronavirus>

List of resources for parents, patients, and clinicians to help with the impact of the novel coronavirus (COVID-19)

**Special Olympics Strong Minds-fulness**: <https://specialolympics.zoom.us/meeting/register/tJwkdemtqD8jGdy2nMrXSHOD8rODjlw6Kgd8> Free online mindfulness sessions to practice meditation techniques that can help manage stress.

**Specific information for children and families with disabilities**

**Healthcare Access Research and Developmental disabilities COVID Hub:** <https://www.hcarddcovid.com/info>

Information and resources to support people with developmental disabilities and their families including question and answer videos and easy to read guides.

**Jooay’s guide to online resources:** <https://www.child-bright.ca/new-blog/2020/4/2/jooayguide>

Online resources for kids with disabilities: Staying connected in the time of coronavirus

**Society for treatment of Autism:** <https://www.sta-ab.com/>

Is offering telepsychology on sliding scale during Covid-19 restrictions for children over 10 years old with access to computer. Contact [Counselling@sta-ab.com](mailto:Counselling@sta-ab.com) 403-253-2291

**Autism Speaks Canada:** <https://www.autismspeaks.ca/media-request-contact-us/news/news-press-releases/covid-19-information-and-resources/>

Advice and information for families and caregivers of children with autism during Covid and related restrictions.

**Neurodiversity empowerment network** advice on home schooling: <https://www.neurodiversityempowerment.com/news-notes/start-up-guide-for-schooling-at-home-due-to-covid-19?fbclid=IwAR1o9pcOt4pzbl0TqdvRBbxxWIfOplxcnNS7Y8U0Cfv2-AXLSxZ8M_9LlQM>

**Autistica:** <https://www.autistica.org.uk/what-is-autism/coping-with-uncertainty>

UK Autism family support and research organization. Advice on managing uncertainty.

**List of educational apps** for children with disabilities: <https://www.edutopia.org/article/apps-students-special-needs-school-buildings-shutter?fbclid=IwAR2uVPdmze7BOGbvFpjaVqq2Ecp5WM8yIJ9gIm-KKfPRKUMWuMScY9aqgks>

**ADDitude magazine online**: <https://www.additudemag.com/>

Magazine for individuals, families, and caregivers affected by ADHD, learning disabilities and other developmental concerns.

**Fitness and lifestyle**

**Virtual YMCA** Calgary: <https://virtualy.ymcacalgary.org/>

Health and fitness information online.

**Education supports and options**

**Calgary Library digital resources:** <https://calgarylibrary.ca/read-learn-and-explore/digital-library/>

**Curio.ca:** <https://curio.ca/en/>

Subscriber-based streaming service developed expressly for the Canadian educational community with content for all ages up to post-secondary

**Sesame street online:** <https://www.sesamestreet.org/caring>

Includes both educational activities and way to talk to younger kids about covid

**Audible** has made children’s stories free during pandemic: <https://stories.audible.com/start-listen>

**Discovery education:** <https://www.discoveryeducation.com/>

**Virtual School Activities:** <https://virtualschoolactivities.com/>

Free online learning resources (though watch for those that have a susbscription after a free trial): <https://www.savvymom.ca/article/free-digital-learning-resources-for-kids/> and <https://www.newyorkfamily.com/free-resources-and-subscriptions-for-remote-learning-and-home-schooling-due-to-coronavirus/>

List of educational sites and online activities: <https://docs.google.com/document/d/1x4yV05oKC_dkKReUZY_acxh01Ajo8YEckJMaFPtS8Ek/edit>

Another list: <https://static1.squarespace.com/static/52f520c9e4b0e482df78378e/t/5e83db27090a1b4effa6735b/1585699624688/LDA+London+Region+Parent+and+Student+Resources.pdf>

At home activities for children: <https://entertainkidsonadime.com/2020/03/13/100-activities-to-do-at-home-during-school-closures/?fbclid=IwAR1aACaj1d7dLlmAB1mnygySlpqE537idwsPAtPHjUSH8MUpghTyQK0f9sw>