

# COPING DURING COVID-19




## VIRTUAL RESOURCES FOR YOUTH

As the COVID-19 pandemic continues to affect our lives, it's normal to feel anxious right now with all the changes happening around us. It's also more important than ever to think of ways that you can take care of yourself and focus on your mental health!

Here are some tips to help you find services, along with a list of resources to support yourself – but remember to do what works best for you! You can use this to help you navigate different resources and services that are available. Feel free to share this with others who you think can benefit, too.


### 1 Finding services in your community.

We know that finding services in your community can be intimidating, especially when many have physically closed and transitioned to virtual support. Here are ways that you can start to explore supports that fit your own needs.




You can look into services offered by trusted organizations within your community.

For example, Kids Help Phone's [Resources Around Me](#) portal helps you search for a wide variety of services in your area.



You can talk to friends, family, mentors or other people you trust for more support. You might also consider talking to them about cultural supports or services available for people with specific types of experiences or needs.

See this [resource](#) from Game Changers for tips on reaching out.



You can also explain your situation to service providers who you may already be connected with, like a doctor, social worker, or case worker, to ask them for help with connecting you to services.

For more information on how to figure out what kinds of supports would be right for you, check out [Youth Wellness Quest](#).

## 2 Finding resources online.

There are also many virtual tools that you can use to support your mental health.

I don't know where to start! How can I find **free online resources** that I can connect to?

**Wellness Together Canada** is a hub of different tools and resources for finding additional support, including text support, counselling, virtual mental wellness programs, and more. All are available at no cost.

That's great! What about learning more information on mental health and substance use or tips for reaching out?

**Game Changers** at CAMH has also created a site with additional resources co-created with youth ambassadors to help young people understand more about mental health, substance use and self-care.

Do you know where I can find tips for supporting my mental health during the pandemic?

For a variety of COVID-19 resources and tips for supporting your mental health, including ones that were developed by youth for youth, visit the **COVID-19 Resources page** at CAMH.ca.

Are there any **crisis resources** I can have ready on my **cellphone**?

**Hope by CAMH** is a free smartphone app that provides suicide prevention information, safety planning, tools, and crisis resources to support people experiencing thoughts of suicide.

### If you need more support:

Find your local **Canadian Mental Health Association (CMHA)** or call **1-833-456-4566**.

Call the **Kids Help Phone** at **1-800-668-6868** or text them at **CONNECT 686868**.

Call the **First Nations and Inuit Hope for Wellness Helpline** toll free at **1-855-242-3310** or use the chat box on their website to connect with a counsellor online.

Call the **Trevor Project** at **1-866-488-7386** or text **START** to **678-678** (resource for LGBTQ youth)

This information sheet is not intended to be a resource for people who require screening for COVID-19 or who are experiencing a mental health crisis. If you are experiencing a mental health crisis, please call 911 immediately or go to your nearest emergency department.

For more information, visit [www.camh.ca/covid19](http://www.camh.ca/covid19).

This resource was developed by young people on CAMH's Youth Engagement Initiative and supported by the Margaret and Wallace McCain Centre for Child, Youth & Family Mental Health and the Child, Youth and Emerging Adult Program at CAMH.