

## Mental Health Resources for COVID-19

### Tools for Managing Stress and Anxiety

- [Anxiety is contagious: how to regain your calm](#) (Mindful.org)
- [Dealing with the Discomfort of Grief During COVID pandemic](#)
- [Managing Anxiety and Stress](#) (CDC)
- [COVID-19 and Anxiety](#) (Canadian Mental Health Association, BC Division)
- [Supporting team or employee anxiety about COVID-19](#) (Canadian Mental Health Association)
- [Resources for Coping during the time of COVID-19](#) (Southcentral Foundation Nuka System of Care)

### Meditation and Mindfulness Resources

- [Coronavirus Sanity Guide: Practical, actionable ways of coping with stress, fear, & anxiety](#)
- [Mindfulness for your everyday Life](#) (Headspace.com)
  - This site guides you through exercises, videos and more to help you get healthier and happier. They also have [specific information and exercise to maintain calm through COVID-19](#).
- [Guided Meditation and Exercises](#) (Center for Mindful SelfCompassion)

### Resources for Parents and Children

- [Children's workbook: Coronavirus](#)
- [Creative Calm throughout Coronavirus workbook](#)
- [Supporting Kids During the Coronavirus Crisis](#) (Child Mind Institute)
- [Parent Resource: Talking to Children about COVID19](#) (National Association of School Psychologists)
- [Talking to your Child about Anxiety](#) (Here to Help, BC)

## Resources for Youth

- **MindyourMind**
  - Mental health and wellness tools created by and for youth
  - Interactive tools, video, stories, blogs, games, art and apps
  - For example: Mood tracking app mood. <https://mindyourmind.ca/tools/mood-mindyourmind>

## Additional Supports and Crisis Lines

### Kids Help Phone

- Available 24/7, for children/youth up to age 25 years (+ people >25 from child welfare):
  - Call 1800-668-6868
  - text TALK to 686868
  - Live chat online <https://kidshelpphone.ca/livechat/> (6 p.m. – midnight) or through the Always There app

NWT Helpline 1-800-661-0844

- Available 24/7.
- NWT residents can also visit the NWT Help Line Facebook page at <https://www.facebook.com/NWTHelpLine/> for wellness information, tips, and community events.

## Community Counselling

If you or your family members are still feeling distress, connect with a The NWT Community Counselling Program provides on-the-ground access to mental health services in all of the regions. Trained counsellors are available for you to talk about any problems that you may be dealing with in your life as well as provide assistance or referrals to other services that could help you.

This free service is available for all residents. Click below for a complete list of phone numbers:

**Contact your Community Counsellor**

### **Arctic Indigenous Wellness Foundation Traditional Counselling**

The Arctic Indigenous Wellness Foundation has set up phone sessions with their traditional counsellors and elders for those that would like support while the healing camp is shut down. They are operating during their regular business hours from 9am-12pm and 1pm-5pm, and are able to call you back during your session time so you don't have to pay long distance if you are calling from one of the communities in the NWT outside of Yellowknife. They ask that you only call during those time frames so that we can allow our support staff to also take rest. Contact information as follows:

- William Greenland- 867-446-1346
- Annie Mitsima- 867-688-3027
- Ruth Mercredi- 867-444-1949

For any questions or difficulties getting through, please contact our executive director Wilbert Cook at: 867-447-1095 or email: [wcook@arcticindigenouwellness.org](mailto:wcook@arcticindigenouwellness.org) or [info@arcticindigenouwellness.org](mailto:info@arcticindigenouwellness.org). For more information, [click here](#) to check their Facebook page.

### **Strongest Families Institutes**

<http://strongestfamilies.com/>

Strongest Families Institute (SFI) is a distance service delivery system designed to provide support and remove barriers to care for children, youth and families (targeting ages 3-17 and adults). SFI offers a variety of programs (in English and French), via telephone, and which are available to NWT residents. For more information and referral to SFI services, connect with your local Community Counselling Program . Programs include:

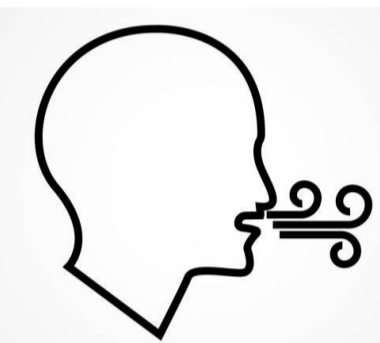
- ICAN (Conquer Anxiety and Nervousness) – Anxiety Program (18-30 years of age)
- Parents Empowering Kids – Behaviour Difficulties Program (3-12 years of age)

- Chase Worries Away – Anxiety Program (6-11 years of age)
- Defeat Anxiety – Anxiety Program (12-17 years of age)
- Dry Nights Ahead – Nighttime Bedwetting (5-12 years of age)
- Chase Pain Away – Recurrent Headache/Abdominal Pain (9-16 years of age)

# MANAGING ANXIETY AND STRESS DURING COVID-19

Self-care is important. It's normal to experience anxiety or stress during the outbreak of COVID-19. Everyone responds differently during stressful situations. We can reduce stress and anxiety by sharing facts. This can help reduce worry and make the outbreak less overwhelming.

Sometimes it can be challenging to know what steps we should take to reduce our anxiety. Here are some techniques for you and your loved ones to help manage and cope with stress:



## BREATHING TECHNIQUES

**Deep breathing:** Take a deep breath, letting your abdomen expand fully. Hold it for about 3 seconds. Let your breath out all at once. As you exhale, relax your jaw and shoulders.

**Tension release:** Tense your muscles, one area at a time. Take a deep breath and hold it as you curl your toes for about 5 seconds. Let your breath go all at once. Next clench your calves, thighs, buttocks, arms, shoulders, jaws and finally squeeze your eyelids.

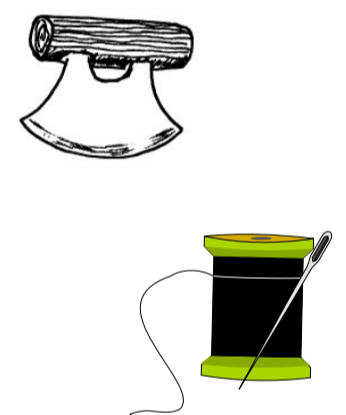


## SPENDING TIME ON THE LAND

Going outside, going to nature and spending time at your cabin can help support your mental wellbeing.

## MINDFUL ACTIVITIES

Activities focusing your attention on the present moment. Sewing, beading and cooking are all good ways to reduce anxiety.



## TALKING TO FRIENDS/RELATIVES (ON THE PHONE OR ONLINE)

Connecting with loved ones is key to maintaining healthy relationships and balance. Social distancing does not mean social isolation.

## LIMITING TIME ON SOCIAL MEDIA

Although it is important to stay informed and aware of the latest recommendations, limiting time on Facebook, Instagram and Twitter can help to minimize feelings of anxiety and stress.



The Government of Nunavut provides free counselling in all languages for employees and their immediate family members in times of crisis, 24 hours a day, seven days a week.

If you are finding that the anxiety is overwhelming, and need to talk to a professional, please call the Employee and Family Assistance Program through Homewood Health at **1-800-663-1142**.

Many resources are available upon request, i.e. wellness articles and self-help tools. Please visit [www.homewoodhealth.com](http://www.homewoodhealth.com) for more information.

**Helplines are available to provide crisis support to those who may be experiencing increased anxiety and stress.**

**Nunavut Kamatsiaqtut Help Line: 1-800-265-3333**

**Elders' Support Line: 1-866-684-5056**

**Employee and Family Assistance Program: 1-800-663-1142**

*Individuals who are at immediate risk of harming themselves or others should seek help immediately at their local health centre and/or contact the RCMP.*



For more information, visit [gov.nu.ca/health](http://gov.nu.ca/health) or follow our social media pages at [facebook.com/GovofNunavut/](https://facebook.com/GovofNunavut/) or [twitter.com/GOVofNUNAVUT](https://twitter.com/GOVofNUNAVUT)



# COVID-19

**Mental health, counselling and crisis support in Yukon**

Last update: April 15, 2020

\*This information can be found online, and will be updated as necessary on [yukon.ca/en/health-and-wellness/covid-19/find-covid-19-counselling-and-crisis-support](https://yukon.ca/en/health-and-wellness/covid-19/find-covid-19-counselling-and-crisis-support).

## **Mental Wellness and Substance Use Services**

### **Rapid Access Counselling Services**

Available by phone within 3 days of calling to book your appointment.

#### **Whitehorse**

Phone: 867-456-3838

Phone toll-free in the communities: 1-866-456-3838

#### **Watson Lake**

Phone: 867-536-3222

#### **Teslin**

Phone: 867- 332-4088

#### **Haines Junction, Burwash Landing, Destruction Bay, Beaver Creek**

Phone: 867-334-5688

#### **Carcross**

Phone: 867-332-3157

#### **Dawson City, Mayo and Old Crow**

Phone: 867-993-4300

#### **Carmacks, Pelly Crossing, Ross River and Faro**

Phone: 867-332-5468

## Canadian Mental Health Association (CMHA) Yukon Division

All programs and services are now being offered through telephone and/or videoconferencing.

Drop-in counselling has been extended from one day a week to 5 days a week. Appointments are available by phone within 48 hours of calling to book the appointment please call **867-668-6429** or email [admin@yukon.cmha.ca](mailto:admin@yukon.cmha.ca).

Website: [mhayukon.com](http://mhayukon.com)

## Second Opinion Society

Provides both members and the public information on mental health and wellness and supports people in navigating mental health, legal, and governmental systems in Whitehorse.

Phone support services available during COVID-19 please call **867-667-2017** open all week from 1:30 p.m. to 4:30 p.m.

## Hospice Yukon

Provides both grief and end-of-life counselling to individuals, families and professionals. The services have been modified to respond to COVID-19 – all services are available by phone or by web-based platform.

Please call **867-667-7429** or email: [info@hospiceyukon.net](mailto:info@hospiceyukon.net) to book a counselling appointments or to organized pick-up for print resource materials. Online resources are available at [www.hospiceyukon.net](http://www.hospiceyukon.net).

## Child Development Centre

Provides counselling services related to children's development.

Services are currently being provided via telephone and online, as much as possible, please call **867-456-8182** or toll-free: **1-866-835-8386** or email at [info@cdcyukon.ca](mailto:info@cdcyukon.ca) to book an appointment.



## Victim Services

During this time where physical isolation and staying home are being required, violence and threats of violence in homes may increase. Victim Services can help you plan for safety and can help you explore options if you aren't able to safely isolate during this time because there is violence or threats of violence in your home.

Victim Services also provides:

- information
- support
- navigation of the criminal justice system
- crisis support and counselling

Support is available to Yukoners living in any Yukon community. Phone the Victim Services office in Whitehorse or Watson Lake between 8 a.m. and 4:30 p.m. Monday through Friday.

**Whitehorse: 867-667-8500 or toll-free: 1-800-661-0408, extension 8500**

**Watson Lake: 867-536-2541**

**Email [victim.services@gov.yk.ca](mailto:victim.services@gov.yk.ca)**

If you are already working with Victim Services you can phone or text your support worker directly, or you can call or email the main number and email address.

For after hours support call VictimLink BC (24 hours a day, 7 days a week). Toll-free: 1-800-563-0808.

**Website: [Yukon.ca/victim-services](http://Yukon.ca/victim-services)**

## Residential Schools Resolution Health Support Program and Crisis Line

Provides mental health, emotional and cultural support to eligible former residential school students and their families.

During COVID-19, they continue to offer professional counselling, in addition to other services, including a 24-hour crisis line **1-866-925-4419**

For more information, please call the Northern Region program: **1-866-509-1769**

## Blood Ties Four Directions Centre

During COVID-19, their drop-in space is open with social distancing measures in place. Many services are still available.

**Case management** supports will continue via phone for all clients. The Wellness Counsellor, Harm Reduction Counsellor and Housing Case Manager and Coordinator continue to work to support clients and can be reached at:

**Housing:** 867-334-4037 or [housing@bloodties.ca](mailto:housing@bloodties.ca)

**Harm Reduction:** 867-332-8268 or [harmreduction@bloodties.ca](mailto:harmreduction@bloodties.ca)

**Wellness:** 867-332-8264 or [wellness@bloodties.ca](mailto:wellness@bloodties.ca)

Both of the Harm Reduction Distribution sites continue to operate at this time.

**Needle Exchange** is open and providing harm reduction supplies, snacks, warm beverages, hygiene supplies, socks, mitts and Naloxone.

**Monday to Friday - 8:30-12 p.m. and 1-4:30 p.m.**

**The Outreach Van** is running as scheduled. The van provides harm reduction services and supplies, snacks, warm beverages, hygiene supplies, socks, mitts, nursing services, and Naloxone.

**Monday to Saturday – 5:30 – 9:30 p.m.**

**Contact: 867-334-1647 (phone/text)**

**Check Facebook for changes to schedule:** <https://www.facebook.com/Blood-Ties-Four-Directions-Centre-128540223872322/>

**Drop-off of supplies can be arranged.** Please contact the Harm Reduction Counsellor at 867-332-8268 or the Outreach Van after 5 p.m. at 867-334-1647.

**Website:** [bloodties.ca](http://bloodties.ca)

## Whitehorse Emergency Shelter

Provides emergency housing and support services to Yukoners.

All core essential services remain open with some adaptations to hours or on/off site support options:

- Drop-in hours are currently: 7 a.m. to 4:30 p.m.
- Services still available after 4:30 p.m. include access to harm reduction supplies; emergency shelter; Emergency Medical Services (EMS) and crisis support.
- To-go dinners are provided to other guests at the Whitehorse Food Bank from 5:30 to 6:30 p.m. daily; to-go lunches are also available at the Food Bank from 1 to 2 p.m. daily.

## Seniors' Services/Adult Protection unit

Seniors' Services/Adult Protection unit provides confidential information, counselling, support and referral for issues faced by seniors and their families. During this time of uncertainty caused by the COVID-19 pandemic, issues such as loneliness, anxiety and financial stress can be amplified.

Call the unit for support related to: housing, pensions and benefits, ageing in place, decision-making, protection and safety planning.

The unit is mandated to respond to reports of possible abuse, neglect or self-neglect of vulnerable Yukon adults who may not be able to seek help on their own. The reporter's identification is kept confidential. We are still taking reports during COVID-19, please call us during business hours at **867-456-3946** or toll-free **1-800-661-0408**, extension **3946**.

## All Genders Yukon Society

Provides funding for mental health services for transgender, two-spirit and non-binary individuals and their significant others, family members and immediate support network.

Also provides free mental health services for youth, adults and families. Outreach and transition related resources.

[AGYSboard@gmail.com](mailto:AGYSboard@gmail.com)

## Other resources

**HeretoHelp**– information on COVID-19 and anxiety from HeretoHelp, a project of the BC Partners for Mental Health and Substance Use Information.

Website: <https://www.heretohelp.bc.ca/infosheet/covid-19-and-anxiety>

**Kids Help Phone** - a national service offering counselling services, information and referrals to youth. Services are available 24 hours a day and 7 days a week in English and French by calling **1-800-668-6868**. Texting services also available at **686868**.

Website: <https://kidshelpphone.ca>

**TAO Tel-Aide** - a telephone help service for French-speaking people. It is free, anonymous and confidential for those who need emotional support. Phone lines are available around the clock at **1-800-567-9699**.

Website: <http://telaideoutaouais.ca>