

COVID-19 RESOURCES: A glimpse at what is available

The Bottom Line

Many members of the community, caregivers, and children are struggling to cope with the effects of COVID-19. There are many resources available to support people during this time with mental health and substance use issues, supporting and talking to children, and much more. The following list is by no means exhaustive, but it is a good starting place. These resources have informed the creation of childtraumaresearch.ca and much of the information provided on the website.

Resource for General Information and Support

These sources contain many resources on benefit programs, seeking support, speaking to children, and general safety tips during COVID-19.

Canadian Welfare League of Canada COVID-19 Resources: <https://www.cwlc.ca/covid-19-resources>

Canadian Association of Social Workers Coronavirus Disease (COVID-19) Resources: <https://www.casw-acts.ca/en/resources/coronavirus-disease-covid-19/resources#Gov't%20of%20Canada>

Government of Canada: Coronavirus Disease (COVID-19): <https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html>

Government of Saskatchewan: COVID-19: <https://www.saskatchewan.ca/government/health-care-administration-and-provider-resources/treatment-procedures-and-guidelines/emerging-public-health-issues/2019-novel-coronavirus>

World Health Organization Coronavirus disease (COVID-19) pandemic: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

Ressources COVID-19 pour les personnes francophones

Français Informations sur COVID-19 dans votre langue:

<https://www.albertahealthservices.ca/topics/Page17039.aspx>

Soins Communs Coronavirus COVID-19:

<https://covid19.soinscommunsmb.ca/>

Government of Canada: Maladie à Coronavirus (COVID-19):

<https://www.canada.ca/fr/sante-publique/services/maladies/maladie-coronavirus-covid-19.html>

La COVID-19 expliquée aux jeunes : on répond à tes questions:

<https://ecolebranchee.com/covid-19-expliquee-aux-jeunes-on-repond-a-tes-questions/>

7 Facteurs de Protection Encourageant la Résilience des Enfants:

<http://www.vawlearningnetwork.ca/our-work/infographics/protectivefactors/7-Protective-Factors---FRENCH.pdf>

Resources for Indigenous Peoples During COVID-19

Highlights From a Covid-19 Fireside Chat With Indigenous Health Professionals:

<https://yellowheadinstitute.org/wp-content/uploads/2020/03/covid-19-fireside-chat-webinar-highlights.pdf>

Indigenous Climate Action: Resources and Trainings:

<https://www.indigenousclimateaction.com/resources>

Traditional Indigenous Kinship Practices at Home: Being Child-Centered During the Pandemic:

https://indigenoumotherhood.wordpress.com/2020/03/16/traditional-indigenous-kinship-practices-at-home-being-child-centered-during-the-pandemic/?fbclid=IwAR1ZqZjcu3jgQMx_xwFwU6gWrui7g31zdmT1shwUgg-mLhzPhbyntt1jUh0

COVID-19: Indigenous Awareness Resources:

<https://www.sac-isc.gc.ca/eng/1586548069915/1586548087539#wb-auto-4>

Mental Wellness and COVID-19 Tips and Considerations:

https://www.afn.ca/wp-content/uploads/2020/04/MW-and-COVID_Factsheet_RED_Fe.pdf

Resources for Maintaining Mental Health During COVID-19

COVID-19 Youth Mental Health Resource Hub:

<https://jack.org/covid>

10 Things you Can do Right Now to Reduce Anxiety, Stress, Worry Related to COVID-19: <https://bouncebackontario.ca/wp-content/uploads/2020/04/BounceBack-Tip-Sheet-Covid19-EN.pdf>

Seven Crucial Research Findings That Can Help People Deal with COVID-19:

<https://www.apa.org/news/apa/2020/03/covid-19-research-findings>

Parenting and Mental Health During COVID-19:

<https://globalnews.ca/video/6897499/parenting-and-mental-health-during-covid-19#>

Regina Sexual Assault Centre Online Webinars and Resources (grounding and mindfulness techniques):

<https://www.reginasexualassaultcentre.ca/online-webinars-and-resources.html>

Resources for Explaining COVID-19 to Children

“My Hero Is You” Story Book Explaining Covid-19:

<https://interagencystandingcommittee.org/system/files/2020-04/My%20Hero%20is%20You%2C%20Storybook%20for%20Children%20on%20COVID-19.pdf>

Interactive Resources to Explain COVID-19 to Children:

<https://www.anagomez.org/covid-19-resources/>

Just for Kids: Exploring the New Coronavirus - A Comic Just for Kids:

<https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus>

Learn About the Coronavirus Colouring Book:

<https://www.forbes.com/sites/victoriaforster/2020/04/02/there-is-a-coronavirus-coloring-book-designed-to-help-children-cope-with-the-pandemic/#20de3b413ca5>

Trinka and Sam Fighting the Big Virus:

<https://www.nctsn.org/resources/trinka-and-sam-fighting-the-big-virus>

Resources for Supporting Children During COVID-19

Supporting Children During Coronavirus:

<https://www.nctsn.org/resources/supporting-children-during-coronavirus-covid19>

Trauma-Informed Resources Available During COVID-19 Quarantine:

<https://www.attachmenttraumanetwork.org/trauma-informed-resources-for-covid-19-quarantine/>

Parent/Caregiver Guide to Helping Families Cope With the Coronavirus Disease 2019:

https://www.nctsn.org/sites/default/files/resources/fact-sheet/parent_caregiver_guide_to_helping_families_cope_with_the_coronavirus_disease_2019_covid-19.pdf

Resources for Supporting Children's Emotional Well-being during the COVID-19 Pandemic:

<https://www.childtrends.org/publications/resources-for-supporting-childrens-emotional-well-being-during-the-covid-19-pandemic>

The COVID-19 Learning Hub: About Kids' Health - Covid Resources for Parents and Kids:

[https://www.aboutkidshealth.ca/covid19?](https://www.aboutkidshealth.ca/covid19?gclid=CjwKCAjw57b3BRBIEiwA1lmytk3MFxAqh0LLWYTPTBoZt7YcZWSvutfKUHUIq6qUYgMSApqttV33-hoCmx8QAvD_BwE)

[gclid=CjwKCAjw57b3BRBIEiwA1lmytk3MFxAqh0LLWYTPTBoZt7YcZWSvutfKUHUIq6qUYgMSApqttV33-hoCmx8QAvD_BwE](https://www.aboutkidshealth.ca/covid19?gclid=CjwKCAjw57b3BRBIEiwA1lmytk3MFxAqh0LLWYTPTBoZt7YcZWSvutfKUHUIq6qUYgMSApqttV33-hoCmx8QAvD_BwE)

Resources on COVID-19 for Continuing Education

Resources on Gender-Based Violence and the COVID-19 Pandemic:

<http://www.vawlearningnetwork.ca/our-work/Resources%20on%20Gender-Based%20Violence%20and%20the%20COVID-19%20Pandemic.html>

Canadian Association of Social Workers Continuing Education Webinars:

<https://www.casw-acts.ca/en/webinars>

Leading a School Community Through a Pandemic Web Series:

<http://www.jeromecranston.ca/web-series.html>

Addictions Foundation of Manitoba COVID-19 Webinars:

<https://afm.mb.ca/resources/covid-19-resources/>

International Society for the Prevention of Child Abuse and Neglect COVID-19 Webinar Series:

<https://www.ispcan.org/learn/online-resources/>

For additional resources, please visit: www.childtraumaresearch.ca

With generous support from:



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