MENTAL HEALTH AND BEHAVIOUR GUIDANCE
RESOURCES FOR PARENTS AND GUARDIANS

Updated: April 23, 2020

1. UNICEF: Talking to children about COVID-19
   8 tips to help comfort and protect children

2. Tips for coping with COVID-19 and mental health support
   • CAMH: Mental Health and the COVID-19 Pandemic
   • Morneau Shepell Tips for coping with COVID-19

3. Kerry’s Place Autism Services: Resources
   COVID-19 Resources

4. Holland Bloorview Kids Rehabilitation Hospital resources
   Explaining COVID-19 and Coronavirus to children

5. Positive Parenting Program (Triple P)
   • Parents tips for parents and caregivers in uncertain times
   • Online courses
   • Tripe P Takes the guesswork out of parenting

6. Zero To Three
   Tips for families during COVID 19

7. KINARK - SNAP (Stop Now and Plan) program
   Resources for Children, Youth, and Families During the Pandemic

8. Kids Help Phone
   kidshelpphone.ca

9. The Psychology Foundation of Canada: Kids Have Stress Too Program