

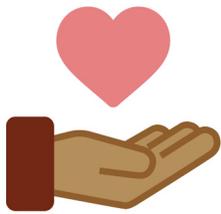
Today's Message:



Mental wellness matters at every age.

Children, youth and adults cope with difficult feelings in different ways.

- Be kind to yourself and loved ones. When we're stressed or overwhelmed, a little extra compassion can go a long way.
- Seek extra support when you need it. Find the option that's right for you, whether it's a self-help tool, counselling, or another form of support.



Anxiety strategies for kids

EASE at Home is a collection of fun activities and practical strategies to help kids manage anxiety. The recently updated guides cover topics like Relaxation Skills and Creating Routines. Each one includes resources and examples you can use at home.

Find all the EASE at home resources here.



Virtual services for youth

Foundry offers young people ages 12-24 health and wellness resources, services and supports, which right now includes virtual drop-in counselling. Youth can call 1-833-308-6379 to book an appointment. 24/7 support for youth is also available through **Kids Help Phone**.



Free phone support

BC's registered psychologists are offering free "Psychological First Aid" during the COVID-19 pandemic. It is a brief (up to 30-minute) telephone consultation to provide you with information and strategies to help cope with stress associated with the pandemic. You can call 604-827-0847 or visit the **BCPA's website** to sign up.



More tools and supports

The BC Division of the Canadian Mental Health Organization has a [online hub for COVID-19 supports](#), which includes counselling, online courses, and tools for individuals and families. For interactive resources on-the-go, try apps like [MindShift™ CBT](#) from Anxiety Canada. Or, if you're feeling a lot of anxiety about the future, check out this [guide](#) on living with worry amidst global uncertainty.