

## First Nations Education Task Team COVID-19 Mental Health and Well-Being Resources

Please note that this is an unofficial listing of Mental Health Resources for reference, which includes those provided by Task Team members and discussed at the meetings. These are not necessarily endorsed or vetted by IEO or EDU.

If you have additional resources that can be shared with the group, please send to [IEO@Ontario.ca](mailto:IEO@Ontario.ca) and we will update the list.

### **General Supports:**

[Promoting Wellness & Providing Support | FPWC](#) – First Peoples Wellness Council

[COVID-19 Information | FPWC](#) – First Peoples Wellness Council

[COVID-19 Resources | Thunderbird Partnership Foundation \(thunderbirdpf.org\)](#)

[Hope for Wellness Chat](#)

[Wellness Together Canada | Home \(portal.gs\)](#)

[Talk4Healing :: Home](#)

[COVID-19 Resources | ONWA](#) – Ontario Native Women's Association

[EBOOK-IndigenousWellbeingInTheTimesOfCOVID-19-20200419-FINAL.pdf \(womenscollegethospita.ca\)](#)

[index - Learning Network - Western University \(vawlearningnetwork.ca\)](#) Centre for Research and Education on Violence against Women and Children

[COVID-19 Support Services • Native Women's Association of Canada \(nwac.ca\)](#)

[Nishnawbe Aski Mental Health and Addictions Pandemic Response Program - Nishnawbe Aski Nation \(nancovid19.ca\)](#)

[COVID-19 and mental health - CMHA National](#)

- The Canadian Mental Health Association has put together some resources that can help with your mental health during the COVID-19 outbreak. This webpage also provides credible sources that can further assist with topics surrounding mental health.
- The CMHA has also include information regarding stigma and discrimination.

[Mental Health and the COVID-19 Pandemic | CAMH](#)

- The Centre for Addiction and Mental Health (CAMH) has provided an array of resources and information on mental health during the COVID-19 pandemic, answers to FAQs, and methods to better assess your stress and anxiety levels, as well as tools to better deal with isolation and self-quarantine.
  - [Challenging Worries and Anxious Thoughts](#)
  - [Dealing with Problems in a Structured Way](#)
  - [Talking to Children about COVID-19 and its Impact](#)
  - [Shkaabe Makwa Mental Health Poster](#)

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### **Resources for students and families:**

[COVID-19 - Kids Help Phone](#)

[Noticing Mental Health Concerns for Your Child \(smho-smso.ca\)](#) – School Mental Health Ontario

[Back to School - Children's Mental Health Ontario \(cmho.org\)](#) – Children's Mental Health Ontario, Back to School Mental Health Kit

[Coping with LearnFromHome ForCaregivers\\_SStewart.pdf \(tdsb.on.ca\)](#) – Toronto District School Board

[#IndigenousYouthRise COVID-19 Support Fund • We Matter \(wemattercampaign.org\)](#)

- The #IndigenousYouthRise COVID-19 support fund is a grant to support Indigenous youth and promote community wellness during the COVID-19 pandemic. Deadline to apply: January 31<sup>st</sup>. Youth ages 13-30

[Good2Talk](#)

- Confidential support services for post-secondary students in Ontario and Nova Scotia  
[Mental health resources during the 2019 Novel Coronavirus \(COVID-19\) outbreak – Youth Mental Health Canada \(ymhc.ngo\)](#)

- Can purchase COVID-19 Care packages and Wellness packages  
[Students - COVID-19 - School Mental Health Ontario \(smho-smso.ca\)](#)

- ThriveSMH on Instagram – School Mental Health Ontario  
[Parents and Families - COVID-19 - School Mental Health Ontario \(smho-smso.ca\)](#)

### **Resources for educators:**

[Educators - COVID-19 - School Mental Health Ontario \(smho-smso.ca\)](#)

[Education Resources for our Public Education Future | People for Education](#)

[Tips and Tools to Support School Staff Well-Being - Sinai Health](#)

These videos were created as peer to peer helpful resources – one professional to another – that offer practical tips and strategies and could be shared with educators. The videos highlight strategies that adults can use that model the same strategies that students can turn to during challenging times, such as breathing strategies, which may be beneficial for both staff and students. They are currently available on the Sinai Health website and include:

- [Introduction: Reaching out to School and Teachers: Sharing experience and expertise \(4:19\)](#)
- [You may not feel calm, but carry on: Lessons from SARS to COVID \(4:47\)](#)
- [Approaches to Coping Part 1: Self-Compassion, Acceptance & Mastery \(5:05\)](#)
- [Approaches to Coping Part 2: Practical Techniques and Structure \(4:24\)](#)
- [Breathing Technique with Dr. Ben Rosen \(1:15\)](#)
- [Support for Principals: Leadership during COVID \(4:51\)](#)

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The videos are in English but transcripts are available in English and French. Sinai Health has also put out a generous offer to work directly with school boards or leadership organizations in order to provide more interactive supports (e.g., a Twitter chat, round table or webinar) and to go deeper in exploring coaching strategies to support staff well-being.

**Teenage and Youth Engagement, Mental Health and Well-Being Ideas**

<b>Activity</b>	<b>Details/Contact</b>
Red-Sky Performance	<a href="http://www.Redskyperformance.com">www.Redskyperformance.com</a> sessions available: fitness/pow wow dancing, they have booked sessions with communities to provide lunch hour pow wow dancing lessons
Zoom cooking classes	-supply ingredients, hold an afternoon cooking class for supper, while holding the class, connect healthy eating with mental health
Tik Tok Challenge	Challenge youth to create a Tik Tok video promoting health and wellness
Photography contest	-create different categories (lots of them so there are lots prizes given out) -youth submit photos of landscapes, things that are funny, favorite Christmas decoration, favourite place in community, a sunset, a snowflake, a smile -set up a site on website to scroll the photos
Turtleconcepts	<a href="http://www.turtleconcepts.com">www.turtleconcepts.com</a> 1 705 945 6455 Youth mental health, well-being and confidence Programs, courses, key notes, and will design sessions specific to need Currently doing Youth engagement
Language Bingo	Involve youth in organizing virtual bingo with language on the cards/prizes
Create a Youth Activity Counsel	-provide funding and the expectation that Youth create 2 or 3 activities to engage other youth
Astronomy	<a href="http://stellarium.org/">http://stellarium.org/</a> Software download to computers. Perhaps link this to the purchase of telescopes and engage elders for stories from the community on the stars.
Visual Art Contest	Similar to the above photography contest, create multiple categories for students to express visual arts
Radio challenges/games	Using the local radio perhaps create a Trivia theme for each week (local treaties, language, history, on the land skills) have students tune in for contests. Maybe live call-ins from students for answers.
Twitter Challenge	All types of challenges can be utilized using this platform. Trivia based, Language based, Image based (Inquiry style questions students might generate).
Geocache challenge	<a href="https://www.geocaching.com/play">https://www.geocaching.com/play</a> Create a geocache hunt within the community. Have students create their own caches. Likely the purchase of GPS hardware would be required to bridge the connectivity component.