

## **Covid Resources**

Maintaining Activities for Older Adults during COVID-19

<https://healthinnovationnetwork.com/healthy-ageing/maintaining-activities-for-older-adults-during-covid19/>

**Covid-19 Psychological First Aid Service: Information and Signup**

<https://www.psychologists.bc.ca/covid-19-resources>

Mental Health Commission of Canada: [Resource Hub: Mental health and wellness during the COVID-19 pandemic](#)

[NASW - Self-Care During the Coronavirus Pandemic](#)

Centre for Addiction and Mental Health (CAMH): [Mental Health and the COVID-19 Pandemic](#)

Government of Canada: [Taking care of your mental health \(COVID-19\)](#)

Child Welfare League of Canada: [Guidance note: Maintaining connections for children and youth in the context of COVID-19](#)

[Grief in the time of COVID-19](#)