

# RESOURCES TO COMBAT ANXIETY



Even before COVID-19, **ANXIETY WAS THE #1 MENTAL HEALTH ISSUE ACROSS ALL AGE GROUPS**, with diagnosis of anxiety disorders happening at progressively younger ages. Mental health professionals are increasingly concerned about the impact of this pandemic on the mental health of children and parents.

In light of this, our school counsellor, Ms. Michèle Keijzer, has put together some excellent resources:

- (1) The **CANADA COVID-19 APP**, available from the App store or [HERE](#).  
This app is an excellent source of information, including one tab devoted to mental health and substance use support.
- (2) The Government of Canada site, in conjunction with several other support agencies, has established **WELLNESS TOGETHER CANADA**, found [HERE](#). It is the online version of the app described above. *Wellness Together Canada* offers the following at no cost to Canadians:
  1. Wellness self-assessment and tracking.
  2. Self guided courses, apps, and other resources.
  3. Group coaching and community of support.
  4. Counselling by text or phone.
- (3) Manitoba's own **KIDTHINK** is an organisation passionate about prevention and early intervention of mental health and addiction challenges. KIDTHINK has lots of free mental health information and resources (including webinars) [HERE](#).
- (4) The **INSTITUTE OF CHILD PSYCHOLOGY** is offering a free lesson called, The Brain & Parenting, available [HERE](#).

Additionally, our school counsellor, *Ms. Michèle Keijzer*,  
*is always available to provide support.* She is conducting video meetings using Google Meet.  
If you or your child would like to connect with her, please reach out via email:  
[keijzerm@calvinchristian.mb.ca](mailto:keijzerm@calvinchristian.mb.ca)