

COVID AND MENTAL HEALTH RESOURCES

Supports

- URegina Counselling Services:
 - [Individual Counselling](#) for all URegina students (regardless of location)
 - Group program - [Surviving to Thriving](#)
- URegina [Mental Wellness Hub](#) – a wide range of mental health resources, coping tools, and information (click on “Support and Resources for Students” near the top of the page)
- Access to free online counseling with Family Services Saskatchewan’s [Rapid Access Counselling](#)
- [Wellness Together Canada](#) – free and confidential mental health and substance use support, 24/7. Call 1-866-585-0445 or text WELLNESS to 686868 (for youth) or 741741 (for adults).
- Hope for Wellness Help Line – free, culturally responsive emotional support, crisis intervention, and referral service for all Indigenous people; services available in English or French or, by request, Cree, Ojibway, and Inuktitut. Call 1-855-242-3310 or [connect online to chat](#).

Information & Resources

- [Psychological Support Kit for Workers during COVID-19](#)
- [F.A.C.E. COVID: How to Respond Effectively to the Corona](#) Crisis (video – 5:23) by Dr. Russ Harris
- [Fostering Resilience in Times of Pandemic: Practical Knowledge & Skills for Handling Stress, Cultivating Wellbeing, & Adaptive Coping in Response to Adversities](#)
- [Managing Anxiety during the COVID-19 Outbreak](#)
- [Coping with Stress & Anxiety](#)
- [Student COVID-19 Practicum Risk-Reduction Plan](#)
- [Free Webinar on Building Resilience](#)
- [Parenting in a Pandemic](#) (video – 1:14:23) by Child Psychologist Dr. Janine Hubbard
- [Mental Health Commission of Canada Resource Hub](#)
- [Coping with Mindfulness](#)
- [How You and Your Kids Can De-Stress During Coronavirus](#)
- [The Science of Well Being Free Course](#) (Yale University)
- [Coronavirus Survival Guide](#)
- [COVID Care Kit: Resources for Mental Wellness](#)
- [Coronavirus Anxiety Workbook: A Tool to Help You Build Resilience during Difficult Times](#)

Accessible Activities to Support Wellbeing and Reduce Isolation

- [Free Movement/Exercise Videos](#)
- [Netflix Party](#)
- [Free Audiobooks](#)
- [Sleep Hygiene, Movement and Nutrition, Mental Health and Connecting with Others](#)
- [Self-Care Starter Kit](#)
- [Emotional First Aid – Stress Regulation Exercises](#) (video – 15:48)
- [MindShift CBT Mobile App](#) (Anxiety Canada)
- [Breathing Techniques and Visualization](#) (scripts and audio files, plus other great resources!)