










Resources for Supporting Students Experiencing Social Emotional Difficulties

	<p>This is a list of Mental Health and Addiction Resources, apps, and phone help numbers</p>	<p>Mental Health and Addiction Services</p>
	<p>This website has tools and resources to assist children, youth and adults in strategies to manage anxiety.</p>	<p>Expert tools and resources to help Canadians manage anxiety</p>
	<p>Kids Help Phone is Canada's only 24/7, national support service that offers professional counselling, information and referrals and volunteer-led, text-based support to young people</p>	<p>kidshelpphone.ca</p>
	<p>A quick fact sheet on how to respond to your child's reactions during stressful times.</p>	<p>Helping children cope with stress during the 2019-nCoV outbreak</p>
	<p>Through a set of daily messages, people receive advice and encouragement helpful in developing healthy personal coping skills and resiliency.</p>	<p>Text4Hope</p>
	<p>App: Calm An app for sleep, meditation and relaxation. This app offers guided meditations, Sleep Stories, breathing programs, stretching exercises, and relaxing music.</p>	<p>Calm</p>

 <p>Anxiety CANADA</p>	<p>App: Mindshift</p> <p>A user-friendly self-help tool that teaches about anxiety, helping users to engage in healthy thinking and to take action. Users check in each day to track their anxiety and work with tools in the app.</p>	<p>Mindshift</p>
 <p>Kids Help Phone 🗨️</p>	<p>App: Always There</p> <p>Kids Help Phone's Live Chat counselling lets children/youth connect one-on-one, in real time, with a Kids Help Phone counsellor, on the web or from our Always There app.</p>	<p>Kids Help Phone Live Chat</p>
 <p>Island Health</p>	<p>App: Booster Buddy</p> <p>This app helps children/youth manage their personal wellness journey and earn achievements as the sidekick (Booster Buddy) guides them through a series of daily quests designed to establish and sustain positive habits.</p>	<p>Booster Buddy Mobile App</p>