

# RESOURCES FOR PARENTS AMID COVID-19



Community  
Mental Health  
Action Plan

From working to technology to shopping to mobility, COVID-19 has fundamentally created drastic changes across the globe. As many places across the province and country are opening their doors and businesses are resuming, parents, children and families are also making new adjustments. This school year will be unlike any experience before not only for students but also for parents/guardians, families and teachers and employers across the country. As the 2020-2021 school year is about to begin, parents with school-age children may have more anxiety than before. As Alberta continues to safely and gradually relaunch the economy, there are so many unknowns but parents, employees and employers will be faced with so many new challenges.

## Government Information and Guidance to School Entry & the Workplace

### Alberta Government School Re-entry Plan:

Alberta's government has developed a re-entry tool kit to prepare parents and students for what to expect in the new school year. The tool kit includes videos for students explaining some of the health measures, a guide for parents, frequently asked questions, school posters, a self-screening questionnaire in multiple languages, and links to health guidelines.

<https://www.alberta.ca/k-to-12-school-re-entry-2020-21-school-year.aspx>

### Alberta Government Workplace Relaunch:

There are many workplace rules that were introduced due to COVID-19 for both employees and employers. This page will provide some support for parents in the work environment around employment standards, workplace guidance, occupational health and safety (OHS), employment insurance benefits and other related information.

<https://www.alberta.ca/temporary-workplace-rule-changes.aspx>

## Resources to support the mental well-being staff, parents and children

### Canadian Mental Health Association(CMHA):

#### CMHA created the Return to the workplace:

A psychological toolkit for heading back to work to serve employees and employers across a variety of sectors. This toolkit provides guidance on how to support the mental health of individuals as they plan safe transitions back into their workplaces and to help employers as they develop policies and procedures for supporting staff returning to the work environment.

<https://ontario.cmha.ca/news/new-cmha-toolkit-supports-employees-employers-with-planning-psychologically-safe-return-to-the-workplace/>

### Alberta Health Services:

This website provides resources for families to help their children get ready for back to school. Creating a new routine and tips on how to prepare kids for the first day of class as well as a mental health toolkit that will help support the new transition.

<https://www.albertahealthservices.ca/info/Page2542.aspx>

<https://www.albertahealthservices.ca/assets/info/ppih/if-ppih-covid-19-mental-health-toolkit.pdf>

### Homewood Health:

Parenting during COVID-19 has not been an easy role. Providing adequate and sometimes constant care with educational support, can be challenging. A good plan built around structure that allows for creativity and flexibility can help create an environment where everyone in the household can continue to have their needs met. This information sheet from Homewood Health offers good advice.

[https://homewood.my.salesforce.com/sfc/p/#F00000006DHR/a/5o0000000B8Q/O424.1Xhdy\\_7rv3ndeqR.EVLbe6FMh-Jr9A1yNm9JAU](https://homewood.my.salesforce.com/sfc/p/#F00000006DHR/a/5o0000000B8Q/O424.1Xhdy_7rv3ndeqR.EVLbe6FMh-Jr9A1yNm9JAU)

### UNICEF:

Working in over 190 countries and territories with partners around to work to promote policies and expand access to services that protect all children from early childhood through adolescence. This link is to help parents who may have similar questions and concerns.

<https://www.unicef.org/coronavirus/supporting-your-childs-mental-health-during-covid-19-school-return>

## Where to Go for Immediate Help 24/7

211 Alberta by phone, text or chat: dial 2-1-1, text INFO to 211, or visit [www.ab.211.ca](http://www.ab.211.ca) and click "live chat."

**Distress Centre Calgary Crisis Line** - 403-266.4357 (HELP)

**CMHA-ER Distress Line** - 780-482-4357 (HELP)

**Help for Tough Times** - Alberta Health Services Health Link: 811

Mental Health Helpline: 1-877-303-2642

**COVID-19 TEXT4HOPE** - Alberta Health Services

**Addiction Helpline** - 1-866-332-2322

Crisis Text Line - Text CONNECT to 741741

**Family Violence** - Find Supports - 310-1818

**Kids Help Phone** - 1-800-668-6868 or text CONNECT to 686868

Bullying Help Line - 1-888-456-2323

**MyHealth.Alberta.ca: List of Important Numbers**

## Developed by the Community Mental Health Action Plan in Collaboration with

United Way Alberta Capital Region  
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City of Edmonton  
City of Calgary  
Alberta Health Services  
Carya Calgary  
Distress Centre Calgary  
Imagine Institute for Learning

Visit  
[www.mentalhealthactionplan.ca](http://www.mentalhealthactionplan.ca)  
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further information