



Keeping Healthy and  
Learning at Home

# FOR STUDENTS AND PARENTS COPING with COVID-19

During these unprecedented times, it is as important to look after your mental health as it is your physical health and to establish positive routines, so you have a solid structure in place upon which you can rely. Below are suggestions to foster positive mental health routines.

## Establish a Daily and Weekly Routine

A routine and schedule will provide you with a structure for learning and keep you engaged and busy during the day. Set aside time to study, eat, rest and play throughout the day.

Focus on a  
Positive!

Find a moment to connect with a friend or family member and give them a virtual smile or a positive message to brighten up your day.

# Good Nutrition

Pay attention to the whole – body, spirit, and mind. We encourage all students and families to practice wellness, self-management, goal-setting, especially healthy eating during this time. We are always here to help!

## Time for Play and Sleep

Make sure you take time to exercise, play and then rest your mind and body. These are stressful and anxious times so make sure to get a full nights sleep and go to bed early rather than late.

# Create a Study Area at Home for Yourself

Find a place at home to set up your study area. Set it up with the necessary tools you will need to be successful, motivated and happy. Think of it as your own personal sanctuary!

# Digital Breaks

Excessive screen time can have negative side effects. Although there are many wonderful online tools and resources, we want you to reduce your screen time throughout your day. Remember to include daily physical activities.



# Supports For Youth

- [Kids Help Phone](#): Reach a counsellor 24/7 at 1-800-668-6868 (support in French and English), text CONNECT to 686868 (24/7), or live chat via the website (9:00pm-4:00am)
- Mental Health Crisis Line: toll-free 1-800-784-2433 or (604) 872-3311 24/7 Confidential, non judgmental free emotional support for people experiencing feelings of distress or despair, including thoughts of suicide – available in 140 languages
- Online Crisis and Youth Chat available at [Crisis Intervention and Suicide Prevention Centre](#).
- [HealthLink BC](#): Call 8-1-1 for 24/7 confidential health information and advice

# Supports for Families

- [Kelty Mental Health Resource Centre](#): Includes a variety of resources in French, Farsi, Korean, Punjabi, Simplified Chinese and Traditional Chinese
- [Supporting Kids During the Coronavirus Crisis](#) (Child Mind Institute): Tips for nurturing and protecting children at home
- Child and Youth Mental Health Clinics:
  - Surrey - Cloverdale: 604-951-5701
  - [www.cymhsrсс.com](http://www.cymhsrсс.com)
  - [www.heretohelp.bc.ca](http://www.heretohelp.bc.ca)

# Online Mental Health Resources

- [AnxietyCanada](http://anxietycanada.com) (anxietycanada.com)
- [YouthSpace](http://youthspace.ca) (youthspace.ca)
- [eMentalHealth](http://ementalhealth.ca) (ementalhealth.ca)
- [WalkAlong](http://walkalong.ca) (walkalong.ca)

# Mental Health Smartphone Apps

- MindShift
- BoosterBuddy
- HeadSpace
- InsightTimer
- Calm ([www.calm.com/blog/take-a-deep-breath](http://www.calm.com/blog/take-a-deep-breath))

# Connecting to the School Counsellors

Please know, your school is still here to support you while you are engaged in learning from home.

The best way to reach out to your counsellor is by e-mail.

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# Resources Available

- **Resources Available For Families**

- 1. Surrey School District Food and Nutrition Programs, everyday from 9am to 1pm. Walk-thru services with no registration required at the following schools:
  - Riverdale Elementary: 14835 108a
  - Simon Cunningham Elementary: 9380 140st
  - W.E. Kinvig Elementary: 13266 70b Ave
  - James Ardiel Elementary: 13711 112 Ave
  - LA Matheson Secondary: 9484 122 St
  - Kwantlen Park Secondary: 10441 132 St
  - Guildford Park Secondary: 10707 146 St
  - Queen Elizabeth Secondary: 9457 King George Blvd
- 2. Johnston Heights Church, 604-589-3733, <https://hopetoyou.com/community-support/>
- 3. Anxiety Canada: <https://www.anxietycanada.com>
- 4. Headspace: <https://www.headspace.com>

# Resources Continued

- 2. Johnston Heights Church, 604-589-3733, <https://hopetoyou.com/community-support/>
- 3. Anxiety Canada: <https://www.anxietycanada.com>
- 4. Headspace: <https://www.headspace.com>
- 5. Kely MentalHealth: <https://kelymentalhealth.ca/blog/2020/03/talking-children-about-covid-19>
- 6. DepressionHurts: <http://depressionhurts.ca/en/default.aspx>
- 7. Sleep Foundation: <https://www.sleepfoundation.org/>
- 9. KUU-US Crisis Line Society Indigenous Support: <https://www.kuu-uscrisisline.ca/>
- 10. Child Mind Institute: <https://childmind.org/article/supporting-kids-during-the-covid-19-crisis/>