



WHOLISTIC HEALTH & WELLNESS ANNOUNCEMENT

The safety and security of everyone is our priority. The Wholistic Health & Wellness Program has made the decision to put a hold on all non-essential appointments, which include ongoing maintenance appointments with our mental health staff. All clients with scheduled appointments will be contacted to reschedule.

Staff are available for assistance for mental health support by telephone only for community members as of March 17, 2020.

**MENTAL
HEALTH
MATTERS**

We care how you are doing during the COVID-19 pandemic. Even though we have put the in-person sessions on hold for the time being, you can still call in to set up a phone appointment with a therapist or just call to talk about how you are coping.

**1-844-244-1060
AVAILABLE 24
HOURS**

ADDITIONAL SUPPORT

Mental Health Crisis Line: 1-866-996-0991

This line is available 24/7 for community members over 16 years of age.

Youth & Family Crisis Line: 1-877-377-7775

This line is available 24/7 for children & youth up to 25 years of age.

Kids Help Options

App: "Always There"

Live Chat: www.kidshelpphone.ca

Call: 1-800-668-6868

Text: Text "CONNECT" to 686868

Mental Health Tips for Adults

Please follow the recommendations of limiting time in public spaces, remain vigilant with your hand hygiene, and honor the physical distancing recommendations.

Please keep in mind: the recommendation for social distancing is literally a suggestion of maintaining physical space (6 ft.) between people. This should not be mistaken for social withdrawal. This is a time to stay connected to friends and family to ensure that everyone is coping well. Please stay connected through telephone calls, or video-calling. Remember to:

- Continue to engage with people who are close to us – this will help us to feel a sense of safety – find ways to connect with others (maybe those in our home, or using chats, messenger, etc.)
- Take action where you can – infection control and hand hygiene are actions that can help us feel that we are contributing to our wellness or give a sense of control/purpose.
- Limit the time you are spending watching, listening, reading news, as well as your children's exposure to the news.
- Take time each day to let yourself relax and give our bodies chance to feel safe. Try a quick progressive muscle relaxation or audio meditation to encourage relaxation.

Substance Abuse Prevention

At times of stress we recommend refraining from substances to alleviate your stress. Tips for individuals who may be experiencing substance use related issues:

- Utilize online substance use-related websites: AA, NA, CODA, ALANON, GA, CA.
- Practice self-care techniques when feeling stress: mindfulness exercises, self-care activities, online counseling.
- Become familiar with local substance use numbers; 24/ hour telephone numbers, local providers.
- Lastly, reach out to a sponsor or caring individual to talk.

If you feel you are experiencing any concerns about substance use, please call **518-651-7472** to speak with a Wholistic Health and Wellness Addiction Specialist.

As of March 18, 2020, Detox Facilities remain open in:
Detox Centre (Kingston, Ontario) — (613) 549-6461
Crisis Center (Malone, NY) — (518) 481-8160



Mental Health for Kids

Your child/ren may have questions that you're unsure of how to answer. It's always best to keep answers simple, short and follow through with reassuring that the entire community is working together to keep everyone safe.

What is coronavirus or COVID-19?

It causes a sickness in your respiratory system (lungs nose, mouth, throat, bronchi and other parts that involved in breathing.)

How does COVID-19 spread?

It is passed from one person to person through sneezes, coughs, runny nose and saliva. For example: if someone sneezes on their hand and then touches the bathroom door handle. Then another person touches that same bathroom door and then touches their face. That person can become infected with the virus.

I am a kid; does that mean I can get coronavirus?

Yes, kids can still become infected with the virus.

Why are we all staying home from school?

All of the adults at school want you and your family to be safe and healthy. Scientist say that staying home more will keep us safer from that sickness.

Why can't we go to the places we always go?

It's for the same reason that kids are staying home from school. Those scientists are saying that if we keep out of large crowds, or groups of people, it will stop the sickness from spreading so fast.

What should I do to protect myself?

1. Wash your hands as much as you can, especially after the bathroom and before you eat. Wash for 20 seconds. You can sing the ABC song while you wash, and when you're done that's about how long you should wash.
2. Try your best not to touch your nose, mouth, eyes and face with unwashed hands.
3. We can have healthy habits like eating healthy foods, drinking lots of water, exercise and get plenty of sleep.
4. If you need to sneeze or cough do it into a tissue or the inside of your elbow.
5. Follow the directions from the trusted adults in your life they want to take care of you.

Managing Your Child's Mental Health at Home

- Establish and maintain a schedule/routine at home. Daily routine means predictability, which helps children feel secure. It also helps with behavioral issues.
- Limit or allot time for gaming or screen time.
- Encourage your child/ren to exercise.
- Engage in family activities.
- Watch for signs of distress:
 - Changes in sleep, appetite, mood
 - Withdrawing
 - Bedwetting, nightmares, defiance

Stay Busy! ***Activities Help Keep Worry Away***

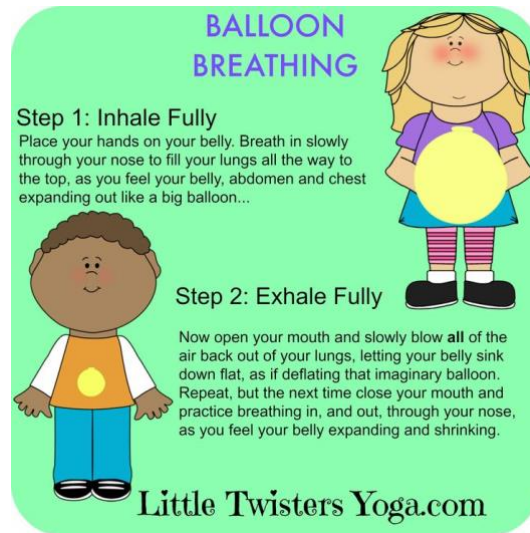
School Work!	Play Basketball, Try a New Sport	Read	Learn Kanien'keha
Board Games with Family	Play Cards	Dance Party with Siblings	Create Videos or Vlogs about this Experience
Video Chat with Tota	Read to Your Little Brother or Sister	Have a Movie Night	Play Hide and Seek
Draw	Paint	Write/Journal	Crafts

Tips for Kids: When I'm Feeling Worried

- Talk with someone you trust: your parents, friends, cousins, aunts, uncles and even siblings. *Note: It's a good idea to use Facetime or video chatting if they don't live with you.*
- Share your thoughts and feelings.
- Ask an adult all the questions to help you understand, or ways that you can feel less worried.
- Calm your body with yoga:



Breath it out! Take some time to sit and slow your breathing. Try these exercises and repeat 5 times:



Challenge Your Friends

How much you can read each day; how many sit up's, push up's you can do each day; if you are a lacrosse player how long can you do wall balls on your left or right, play basketball outside in your yard, practice singing a song, learn a new traditional song, converse in Kanien'keha at home, how many nice things you can say to family members, how long can you have a clean room, help your parent(s) at home with chores, are a few examples. Do this together as a family every morning for 10 minutes.

If You Are Still Worried, Try This!

1. Set a timer for 1-5 minutes up to you and during those minutes think about all the worries then when times goes off worry time is over. Get up and look for your support, breathe, set your goals or look for something fun to do.
2. Make a worry doll so at night you can share your worries with your doll and place underneath your pillow.
3. Write your worries on a piece of paper then tear it up and toss it in the trash can.