

Supporting Children

Changes in behaviour may be a sign that your child is having a hard time coping during the pandemic.



Helping children cope with feelings & behaviours:

- Acknowledge children's fears.
- Provide reassurance. Tell them lots of people are working hard to keep them safe.
- Maintain daily routines – children and teens thrive on structure (e.g., bedtime, meals).
- Be calm and model confidence. Children learn to cope by watching how their parents or caregivers cope in times of stress.
- Provide information your child can understand. Limit exposure to news stories and images.
- Reinforce things children can do to protect themselves (e.g., wash hands, cough into sleeve).
- Help your child stay socially connected through technology (e.g., FaceTime).
- Encourage your child to enjoy the outdoors (e.g., play in the backyard, go for hikes, snowshoeing).

You are not alone. We're here to help.

If you have concerns about your mental health, please refer to the following resources:

- CHANNAL Warm Line [1-888-753-2560](tel:1-888-753-2560) 9 am – 12 midnight
- Mental Health & Addictions Systems Navigator [1-877-999-7589](tel:1-877-999-7589) 8:30 am – 4:30 pm; Mon-Fri
- HealthLine [811](tel:811) 24 hours; 7 days/week
- Bridge the gapp Website www.bridgethegapp.ca
 - Check out the [E-Mental Health](#) options from the comfort of your home.

If you or someone you know requires emergency or crisis support, please call 911 or

- Provincial Mental Health Crisis Line [1-888-737-4668](tel:1-888-737-4668) 24 hours; 7 days/week
- Crisis Text Line [Text 'Talk' to 686868](text:686868) 24 hours; 7 days/week
- Kids Help Phone [1-800-668-6868](tel:1-800-668-6868) 24 hours; 7 days/week

For more information on Coronavirus (COVID-19), visit <https://www.gov.nl.ca/covid-19>