

Canadian Mental Health Association:

<https://cmha.ca/news/covid-19-and-mental-health> Assistance with how to respond to employee anxiety about the pandemic; how to navigate pandemic-related anxiety;

resources and contact information for your local mental health association:

<https://cmha.ca/find-your-cmha>

Resources from the Conference Board of Canada:

<https://www.conferenceboard.ca/insights/blogs/insulating-for-isolation-a-mental-health-checklist-for-getting-through-quarantine> Mental Health Check List for Quarantine (from Conference Board of Canada)

<https://www.conferenceboard.ca/insights/covid-19> FREE Videos providing information on mental health and COVID-19

Centre for Addition and Mental Health:

<http://www.camh.ca/en/health-info/mental-health-and-covid-19> Resources and guidance to help manage anxiety and stress, stigma and prejudice during a pandemic and quarantine

https://www.camh.ca/-/media/files/camh_covid19_infosheet-talking_to_kids-pdf.pdf?la=en&hash=59AC3799BC481EC9238ECD9044A98B40C5CEA253 Impacts to children and how to speak to them during social distancing

Mental Health Commission of Canada:

<https://www.mentalhealthcommission.ca/English/news-article/13920/choosing-sources-information-carefully-critical-covid-19-mental-well-being-says>