

WELLNESS RESOURCES

At LPSD, the health and safety of our staff and students is our top priority. As we navigate the COVID-19 pandemic, we are committed to providing our families with the resources they need to support their health and wellness. Below is a list of community and online supports that are currently available.

Counselling Agencies:

Community Counselling

306.820.6250

*no fee

Lloydminster Primary Care Network

780.87400490

lloydpcn.ca

*AB residents only - Doctor referral required

Mobile Apps:

Calm provides guided meditations to help manage anxiety, lower stress, and better sleep.

Mindshift is designed to help you reduce stress through guided meditation, cope with anxiety and develop healthy ways of thinking.

Health Lines:

Kids Help Phone

1-800-668-6868 or

text 686868

Saskatchewan Healthline

811

Alberta Health Link

811

COVID-19 INFORMATION AND RESOURCES

Children are surrounded by as much information each day as we are. It's a stressful and uncertain time for everyone. We can help by doing a few things:

- 1 Correct misinformation for them.
- 2 Focus on what kids can do to keep themselves healthy.
- 3 Manage your own fears by modeling calm.
- 4 Don't dismiss their fears. Instead validate them using logical information.
- 5 Preview changes or disruptions that may happen.

Tips for managing anxiety about COVID-19:

[Canadian Mental Health Association](https://cmha.bc.ca/news/managing-anxiety-covid-19/)

cmha.bc.ca/news/managing-anxiety-covid-19/

[Anxiety Canada](https://anxietycanada.com)

anxietycanada.com

Talking to your children about COVID-19:

[Center for Disease Control](https://cdc.gov/coronavirus)

cdc.gov/coronavirus

[Kids Health](https://kidshealth.org/en/parents/coronavirus-how-talk-child.html)

kidshealth.org/en/parents/coronavirus-how-talk-child.html

For additional and more comprehensive services refer to our local Lloydminster Mental Health Navigation Tool: LloydminsterMentalHealth.ca

Please visit lpsd.ca for our response to [COVID-19](https://www.covid19.ca).