

# 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 [1-855-753-2560](tel:1-855-753-2560) 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](http://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>