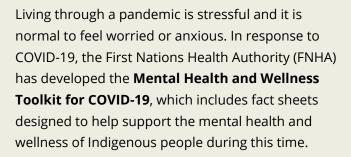


Inclusive Toolkit Wellness Supports for COVID-19



These resources aim to help cope with the challenges in our lives that can be stressful, overwhelming and cause strong emotions. Learning to cope with stress in a healthy way and being more



aware of the impact these negative feelings can have on our wellness can make us, our families and our communities more resilient.

The resources also provide specific suggestions for dealing with the mental health and wellness issues raised by the pandemic. The complete list of resources can be found here (https://www.fnha.ca/what-we-do/communicable-disease-control/coronavirus/mental-health-and-wellness) and you can navigate to specific topics, including:

- Managing Anxiety
- Coping with Grief and Loss
- Parenting Children During COVID-19
- Prenatal and Postpartum Care During COVID-19

- Parenting Youth During COVID-19
- Responding to Anger
- Domestic Violence During COVID-19

For other services including mental health counselling and cultural supports, please refer to FNHA's Mental Health and Cultural Supports During COVID-19 resource.