

RESOURCES CRISIS LINES

***911**

Kids Help Phone

Text: 686868

Chat at

KidsHelpPhone.ca
1-800-668-6868

**First Nations and Inuit
"Hope for Wellness"**

Help Line

1-855-242-3310

***ONLINE Chat**

hopeforwellness.ca

PA Mobile Crisis

306-764-1104

Available Hours

4pm-8am

Monday to Friday and
24 hours per day on weekends

24 Hour in SK

1-800-611-6349

Everything will be OK

Contact Information

P.A.G.C Holistic Wellness Centre Cottage #3

P.O. BOX 2350

851-23rd Street West

Prince Albert, SK, S6V 4M4

Phone: (306) 953-7285

Fax: (306) 763-5223

Toll Free: 1-866-765-5305

Fax: (306) 763-5223

*During office closures, please
leave messages. Staff will be
checking messages and
will call you back.

FEAR is what
stops you
COURAGE is
what keeps
you going

COPING SKILLS

Resource Tool Kit

Reacting
to Crisis
and Stress
on Change
We did not
Choose

You are not ALONE



**PRINCE ALBERT
GRAND COUNCIL**

MENTAL HEALTH TIPS

We are going to be OK and get through this together

- Avoid too much exposure to the news, Facebook can make you feel scared, and stressed.
- Get **FACTS** for trusted sources such as Saskatchewan Health Authority (SHA) and World Health Organization (WHO).
- IF you are not feeling well, seek medical attention.
- Keep your 2 meter distance among one another.
- Wash your hands really good with soap and water for at least **20** seconds.
- Cough and sneeze in your elbow.
- Share simple and clear facts.
- Practice sanitary habits at home and when you have to step out to shop for your basic needs.
- Think positive thoughts to stay calm and focused that this too will pass.
- Spiritual care and prayers are important everyday.
- Journal to stay balanced.
- Eat healthy and have 8hrs of sleep daily.
- Connect with supports available online and by phone.
- Be a role model to others.
- Practice breathing exercises.

6 OF THE BEST

Today what was the BEST thing...

- 1.I saw
- 2.I ate
- 3.I received
- 4.I did for me
- 5.I did for someone else
- 6.I found funny

***An idea to stay positive**

GAME IDEAS

(Keep Safe and Kid Friendly)

- What Can You Do Today?
- Tic Tac Toe
- Charades
- I Spy My Little Eyes
- Fear Factor
- Minute to Win It
- What is on Your Phone
- Find Someone Wearing
- Airport Scavenger Hunt

***You can also make up your own**

***You can find games online**

***You can contact our office for digital copies of the games including gratitude journal ideas**

THINK POSITIVE

- Stay connected with family and friends by phone, or facetime.
- Support one another by talking, listening and laughing from a distance.
- Try healthy activities such as spring cleaning, baking, board games.
- Pay attention to your needs as well as others.
- Connect to supports, list available on back of pamphlet.
- Respect and be kind to each .
- Help others with a small kind gesture.

TIPS FOR KIDS:

- 1) If you are scared, let someone know how you are feeling.
- 2) Do something you like such as art, reading, singing.
- 3) Facetime your cousins, friends and family.
- 4) Write in a gratitude journal to stay positive.
- 5) Tell funny stories and jokes.
- 6) Play board games.
- 7) Learn new Chores at home.
- 8) Learn to bake cookies, bannock.
- 9) Learn new prayers for meals and bedtime.
- 10) Eat healthy snacks, have play time and have a good sleep.
- 11) It is okay to ask for help.