

CIRCULAR

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To: All

Subject: Information Pertaining to COVID-19

Program(s): All

Type: Policy For Internal Reference Only
 Procedure Information Only

Effective Date Immediately

Topic: Available Mental Health Resources for Stress/Anxiety related to COVID-19

Many Manitobans are experiencing heightened stress and anxiety related to COVID-19. This includes the families, children, and youth we support, as well as staff and people delivering services.

Attached is a resource list on mental health supports related to COVID-19. Most services are currently being adjusted so they can be provided while still respecting physical distancing. There will be additional local community organizations and agencies who are providing supports and should also be considered.

This list can be shared broadly. We hope it can assist people connect with the supports they need.

All screening for suspected cases of the virus are be referred to Health Links at 204-788-8200 or 1-888-315-9257. The most up to date information on COVID-19 can be found at www.manitoba.ca/covid19.

Sarah Thiele | Assistant Deputy Minister
Child and Youth Services