



# Elk Island Public Schools

Nov. 26, 2020

Elk Island Public Schools is committed to providing mental health support and resources to students, families and staff during COVID-19. You can find trustworthy resources and information here.

## **MENTAL HEALTH RESOURCES**

### **FOR ALL:**

Alberta Health Services [Help in Tough Times](#) is an up-to-date and comprehensive website where Albertans of all ages can quickly find information about coping and stress management, access to community support services and virtual mental health supports.

### **FOR STUDENTS:**

- Who can I talk to for support?
  - [Kids Help Phone](#): 1.800.668.6868 (toll free across Canada) or text 686868 or chat
  - Mental Health Helpline: 1.877.303.2642 (toll free within Alberta)
- [Helpful Resource: Psychological Coping During a Pandemic](#)

### **FOR PARENTS:**

- [What if I need health advice or general health information for me or my children?](#)  
(Health Link 811 - Translation Services available)
- [How do I talk to my younger children about the coronavirus?](#)
- [How do I talk to my school-aged children about the coronavirus?](#)
- [Where can I find visual supports or pictures to help me explain this to my child?](#)
- [Where can I find reliable information from the Government of Alberta about the coronavirus?](#)
- [What community and social services supports are available?](#)

### **FOR STAFF:**

- [Employee and Family Assistance Program](#) (EFAP)

The EFAP is a proactive health program that provides completely confidential support services to you and your family, free of charge. To access support, visit [asebp.ca](http://asebp.ca) or contact an ASEBP benefit specialist at [benefits@asebp.ca](mailto:benefits@asebp.ca), 780-431-4786 (in the Edmonton area) or toll-free at 1-877-431-4786

- [Psychologists Association of Alberta](#); 1-888-424-0297
  - [Psychologists Association of Alberta Referral Search](#)
  
- [My Alberta Supports](#)  
Find and apply for services and benefits for work or training, low income, disabilities, personal safety, homelessness and more.  
Call 1-877-644-9992 toll-free, provincewide.