

# Community and On-line Supports

At Living Sky School Division, the health and safety of our staff and students is our number one priority. As we navigate the COVID-19 pandemic, we are committed to providing our families with the resources they need to support their health and wellness. Below is a list of community and online supports that are currently available.

## Counselling Agencies:

### Catholic Family Services

North Battleford: 306.445.6960  
Prince Albert: 306.922.3202

### Saskatchewan Health Authority

Regional Mental Health Supports  
North Battleford: 306.446.6500  
Prince Albert: 888.765.6055  
Lloydminster: 306.820.6250

### Battle River Treaty 6 Health

306.937.6700

### West Central Crisis Services

Kindersley (outreach in Kerrobert)  
306.463.6655

## Mobile Apps:

**Calm:** provides guided meditations to help manage anxiety, lower stress, and better sleep.

**Mindshift:** Is designed to help you reduce stress through guided meditation, cope with anxiety and develop healthy ways of thinking.

## Health Lines:

### Kids Help Phone

1.800.668.6868  
or text 686868

### Saskatchewan Healthline

811

## COVID-19 Information and Resources:

Children are surrounded by as much information each day as we are. It's a stressful and uncertain time for everyone. We can help by doing a few things:

1. Correct misinformation for them.
2. Focus on what kids do to keep themselves healthy.
3. Manage your own fears by modeling calm.
4. Don't dismiss their fears. Instead validate them using logical information.
5. Preview changes or disruptions that may happen.

## Tips for managing anxiety about COVID-19:

Canadian Mental Health Association  
[cmha.bc.ca/news/managing-anxiety-Covid-19/](http://cmha.bc.ca/news/managing-anxiety-Covid-19/)

Anxiety Canada  
[anxietycanada.com](http://anxietycanada.com)

## Talking to your children about COVID-19:

Center for Disease Control  
[cdc.gov/coronavirus](http://cdc.gov/coronavirus)

Kids Health  
[kidshealth.org/en/parents/Coronavirus-how-talk-child.html](http://kidshealth.org/en/parents/Coronavirus-how-talk-child.html)

**COVID-19 Information by and for people with disabilities** - [selfadvocacyinfo.org](http://selfadvocacyinfo.org)



Please visit [www.lskysd.ca](http://www.lskysd.ca) for our response to COVID-19