**Mental Health and Mindfulness Resources**

New Leaf Yoga

Guided meditation, yoga, stretching exercises

<https://www.youtube.com/channel/UCNn8CzdQ4tRwC2sOezKTKeQ>

Youthspace

<https://youthspace.ca/about-us/>

Good to Talk

<https://good2talk.ca/>

TDSB Covid-19 and Mental Health Resources

<https://www.tdsb.on.ca/Elementary-School/Supporting-You/Mental-Health-Well-being/Mental-Health-and-Well-Being-Resources>

Chrome Music Lab

<https://musiclab.chromeexperiments.com/>

YMCA: Your virtual YMCA experience

<https://www.youtube.com/channel/UCOGt_IpceP_xQhhCMCrut_A/videos>

STRONG by Zumba

<https://www.youtube.com/channel/UCQkaczRlyBjl3UKBH59W3XQ/videos>

Mental Health Commission of Canada: Taking Care of Each Other During Pandemic

<https://www.mhfa.ca/en/covid19-mhfa>

Free Online Meditations

<https://www.headspace.com/>

Experience the Art Gallery of Ontario from home

<https://ago.ca/agoinsider/experience-ago-from-home?utm_source=New+AGO+Master+List&utm_campaign=b21129feab-AGOfromHome_Apr1&utm_medium=email&utm_term=0_d4ab708299-b21129feab-248459017>

Discover these 12 Famous Museums From Home

<https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours?fbclid=IwAR3f-M2KggcKWjE6nLyC1-FDJDURLf2Mgj74qImaXLwMQXf_lFNRwZ9XlYk>

Scribed. Free 30 day book downloads

<https://www.scribd.com/subscribe-now?utm_medium=cpc&utm_source=adwords_brand&utm_campaign=Google_Search_Alpha_Brand_Canada&utm_term=scribd&utm_device=c&gclid=CjwKCAjwsMzzBRACEiwAx4lLG2gKlg7SJJrGNdDciOO6o-Y6_-ISW-aGmYIfYG7VEDGooFuME4pTYRoCNIAQAvD_BwE>

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| Crisis lines* [Crisis Text Line](https://www.crisistextline.org/) is free and available 24/7
	+ Canadians text “686868”
	+ Text HOME to 741741 to connect with a (COVID-19) Crisis Counselor
* [Toronto Distress Centre](https://www.torontodistresscentre.com/408-help-line)
	+ GTA: 416-408-4357 (HELP)
		- Emotional support service for those with chronic mental health problems; Support & crisis intervention services for those currently experiencing distress or in crisis; Family violence response; Suicide prevention services; Emergency intervention and response
* [Kids Help Phone](https://kidshelpphone.ca/) - text, phone, chat and other forms of support for **young people**, 24/7 and in English and French
	+ 1-800-668-6868
* [Assaulted Women’s Helpline](http://www.awhl.org/), free at 1-866-863-0511 or TTY 1-866-863-7868
	+ #SAFE (#7233) on your Bell, Rogers, Fido or Telus Mobile
* [National Aboriginal Circle Against Family Violence](http://54.186.211.6/shelters/)
* Senior Safety Line - 1-866-299-1011 (toll-free)
* [The Gerstein Centre](http://www.gersteincentre.org/) (non-medical mental health crisis supports): 416-929-5200
* [GTA Crisis Resources](https://www.camh.ca/en/health-info/crisis-resources)
* Mental Health Crisis Line (Canada Wide): 1-888-893-8333
* [Canadian, US and, International mental health hotlines](https://mindyourmind.ca/help/where-call)

**If you’re in immediate danger, please call 911** |

Students may be encouraged to express their thoughts and feelings through illustration and/or journals





Paint a special message of love and gratitude on a rock. Leave it in someone’s garden, a sidewalk or school.



Breathing is the body’s way to destress, resetting the brain towards restoring calm and concentration. Try this very simple exercise for youth of all ages.

