**SUPPORT AVAILABLE TO FAMILES DURING THE COVID-19 CRISIS**

1. Anxiety Canada’s website - COVID-19 resource page. Great website and very straight forward information for parents and youth. Includes pages that talk about what to do if you are worried about Covid-19, how to balance your mental health, how to talk to kids about Covid-19.

<https://www.anxietycanada.com/covid-19/>

1. CAMH – Mental health and the Covid-19 Pandemic. General mental health information that is very accurate and explanatory for both adults and youth. Is updated regularly.

<https://www.camh.ca/en/health-info/mental-health-and-covid-19>

1. CYMH intake process during Covid-19 



1. Foundry Abbotsford –

<https://foundrybc.ca/covid19> - resources for managing mental health and medical concerns during Covid-19 province wide

All Foundry services have been modified and in some cases cancelled. Most services are being provided virtually – over the phone or video chat. Please **call Foundry Abbotsford at 604-746-3392 or follow @foundry\_abbotsford on Instagram**for the most up to date information on service availability.