

Ask the Expert -- *Winding Our Way thru Covid --What Now?* Resource list

The following resources were recommended by our speakers on February 16.
All are available in both English and French

Canadian Coalition for Seniors' Mental Health (CCSMH)

<https://ccsmh.ca/resources/covid-19-resources/>

The mission of the CCSMH is to promote the mental health of seniors by connecting people, ideas and resources. Many of the resources specifically address Covid and post-Covid situations.

Three of the most relevant are:

- Activities to do while physical distancing
- Mental Health Support and Crisis Lines across Canada
- Tips for Battling Anxiety during the Public Health Situation.

Government of Canada Resources for Seniors and Their Caregivers

<https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19/resources-older-adults-caregivers.html>