

COVID 19 – Reputable Resources

Harrow Health Centre Inc.: A Family Health Team clinical updates: www.harrowfht.ca

Facebook Page: “The Harrow Health Centre Inc.: A Family Health Team”

Ontario Medical Association information about COVID19: virusfacts.ca

Essex County Medical Society has a map that can be accessed on their website: ecms.org

Windsor-Essex County Health Unit updates their site daily at 8:30am: wechu.org

Provincial website about COVID19: Ontario.ca

Take the self-assessment: Ontario.ca

Government of Canada resources: [Being Prepared](#)

Public Health Ontario: [How to Self-Monitor](#)

Public Health Ontario: [How to Self-Isolate](#)

Public Health Ontario: [How to Self-Isolate when living with someone who has the virus](#)

Health Canada: [Coronavirus disease \(COVID-19\)](#)

Canadian Psychological Association: [“Psychology Works” Fact Sheet: Coping with and Preventing COVID-19](#)

CTV News: [Origins of All COVID-19 Cases in Canada](#)

World Health Organization: [World Health Organization – Dashboard](#)

Canadian Psychological Association: [“Psychology Works” Fact Sheet: Coping with and Preventing COVID-19](#)

Virtual Care – Video Appointment Information

Platforms the Harrow Health Centre will be using:

MEDEO VIRTUAL CARE: medeohealth.com

MEDEO Apps available for Download for Android and iOS

Ontario TeleNetwork: otn.ca

Patient consent is required. Please provide our team with your email address and your consent.

Virtual Appointments are available immediately.

Resources for MENTAL HEALTH AND WELLNESS

LOCAL RESOURCES

Harrow's Walk-in Service is now accessible by telephone: 1-888-933-1831

Tuesdays – 12:00pm – 8:00pm

Fridays – 9:00am – 5:00pm

House of Sophrosyne - These programs are available to ***all*** clients in Ontario wide.

Crisis Counselling is available Monday to Saturday 8:30am to 12:30 am. Please call [519-252-2711 X 100](tel:519-252-2711) to speak with a Caseworker.

Virtual Addiction Treatment (VAT) available Monday to Friday (days/evenings)

(This includes access to Breaking Free which HoS has an approved extension on their licensing agreement).

Since Virtual Addiction Treatment (VAT) groups are limited in size we will also be offering Addiction Support Webinars.

For more information call [519-252-2711 X 120](tel:519-252-2711)

ONLINE RESOURCES

[Bounce Back](#)

[Big White Wall](#)

[Centre for Clinical Intervention \(CBT workbooks\)](#)

Anxiety Canada (information/tools for parents and children) – [MindShift CBT](#)

[Selfcompassion.org \(meditations and more\)](#)

APPS

[What's Up \(CBT and ACT\)](#)

[Insight Timer \(meditations/mindfulness/sleep/stress\)](#)

Resources for OLDER ADULTS

Exercise Plan for Seniors: healthline.com

YMCA Active Older Adults: ymca360.org

Resources for CAREGIVERS

The Change Foundation: changefoundation.ca

Resources – FOR PARENTS – Talking to your Children about COVID - 19

Anxiety and Depression Association of America: [How to Talk to Your Anxious Child or Teen About Coronavirus](#)

The Conversation: [How to talk to your kids about COVID-19](#)

National Association of School Psychologists: [Talking to Children About COVID-19 \(Coronavirus\): A Parent Resource](#)

NASP: [Countering COVID-19 \(Coronavirus\) Stigma and Racism: Tips for Parents and Caregivers](#)

Kids Health: [Coronavirus \(COVID-19\): How to Talk to Your Child](#)

World Health Organization: [Helping children cope with stress during the 2019-nCoV outbreak](#)

Child Mind.org: [Talking to Kids About the Coronavirus](#)

New York Times: [5 Ways to Help Teens Manage Anxiety About the Coronavirus](#)

International OCD Foundation: [Here are some tips specifically for parents of youth with OCD:](#)

ADDitude – Inside the ADHD mind: [How to Explain Coronavirus to a Child with Anxiety – Expert Tips](#)

Psychology Today: [How to Explain Coronavirus to a Child with Autism](#)

Brighter Horizons: [Talking to Children about COVID-19 \(novel coronavirus\)](#)

PBS: [How You and Your Kids Can De-Stress During Coronavirus](#)

National Child Traumatic Stress Network: [Parent/Caregiver Guide to Helping Families Cope With the Coronavirus Disease 2019 \(COVID-19\)](#)

National Public Radio (NPR): [Just For Kids: A Comic Exploring The New Coronavirus](#)

Emotional Literacy Support Assistant: [Book Chapter: Coronavirus Story for Children](#)

National Geographic: [Talking to Your Kids about Coronavirus](#)

CDC: [Talking with children about Coronavirus Disease 2019: Messages for parents, school staff, and others working with children](#)

American Psychological Association: [Five Ways to View Coverage of the Coronavirus with a Podcast](#)

Resources – Parents – ACTIVITIES FOR FAMILIES

YMCA360: ymca360.org

KidsActivities.com: [List of Education Companies Offering Free Subscriptions Due to School Closures](#)

HuffPost: [30 Parents Share Their Favorite At-Home Activities to Help Bored Kids](#)

Berliner Philharmoniker: [30-Day free access to the Digital Concert Hall](#)

Travelandleisure.com: [12 famous museums offering virtual tours](#)

McHARPER MANOR: [Starting Monday, March 16th, there will be “live DAILY ... free art tutorials to keep spirits up, families engaged and creativity flowing.](#)

TEDEd: [TEDEd for free videos across all subject areas.](#)

NatGeokids.com: [Activities, quizzes for younger kids.](#)

Duolingo.com: [Learn languages for free, web or app.](#)

Storylineonline.net: [Tip for Kids and Coronavirus](#)

Youtube: [Hand Washing Video for Young Children](#)

Youtube: [Hand Washing/Coughing \(Cartoon\) Video for Young Children](#)

Raz-Kids – Reading for kids K-5: [raz-kids.com](#)

Resources – EDUCATORS

UNICEF: [How teachers can talk to children about coronavirus disease \(COVID-19\)](#)

NASP: [Countering Coronavirus Stigma and Racism: Tips for Teachers and Other Educators](#)

CDC: [Talking with children about Coronavirus Disease 2019: Messages for parents, school staff, and others working with children](#)

NASP: [Responding to COVID-19: Brief Action Steps for School Crisis Response Teams](#)

NASP: [Preparing for Infectious Disease Epidemics: Brief Tips for School Mental Health Professionals](#)

Youtube: [Hand Washing Video for Young Children](#)

Youtube: [Hand Washing/Coughing \(Cartoon\) Video for Young Children](#)

ADDitude – Inside the ADHD mind: [How to Explain Coronavirus to a Child with Anxiety – Expert Tips](#)

Psychology Today: [How to Explain Coronavirus to a Child with Autism](#)

American Psychological Association: [Five Ways to View Coverage of the Coronavirus with a Podcast](#)

ACE's Connection: [Resilience During a Pandemic](#)

American Psychological Association: [Five Ways to View Coverage of the Coronavirus with a Podcast](#)

Raz-Kids – Reading for kids K-5: [raz-kids.com](#)

Resources – CHILDREN AND YOUTH

Kids help phone: <https://kidshelpphone.ca/get-info/were-here-for-you-during-covid-19-novel-coronavirus/>

Youtube: [Hand Washing Video for Young Children](#)

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Storylineonline.net: [Tip for Kids and Coronavirus](#)

Essex County Library: [Libby](#), [Overdrive](#), [Hoopla](#)

Free Courses

machealth offers free health related courses: [machealth.ca](#)