

I contacted Jen Whalen for some possible supports that could be shared with adults, perhaps your staff or student's families are requiring some supports. Below are here recommendations. If I get any more, I will forward your way.

- Farm, Rural and Northern Support Services - they offer support by phone or online chat and people can call about anything (general stress, financial, relationship, parenting etc...) their hours are 10am -9 pm (if people call outside of their times, the auto message suggests Klinik Crisis Line) <https://supportline.ca/>
- Klinik Crisis Line – can call about anything at anytime (24/7) <http://klinik.mb.ca/crisis-support/>

Another idea for parents specifically:

- Parent Line – (8am-8pm) parenting issues, coping as a parent, child development, behaviour etc... [http://www.manitobaparentzone.ca/manitoba\\_parent\\_line\\_info.html](http://www.manitobaparentzone.ca/manitoba_parent_line_info.html)

These above aren't covid specific – but there is a Covid support resource through the Anxiety Disorders Association of MB :

Anxiety Support Line

Call: 204-925-0040

9 am to 9 pm - Monday to Friday

10 am to 4 pm weekends

Please leave your name, phone number or email address and ADAM representative will contact you

Also, you can call general office at 204-925-0600 and leave message

or email: [adam@adam.mb.ca](mailto:adam@adam.mb.ca)

Check out website at <http://www.adam.mb.ca/> and/or Facebook page

The support line is not a crisis line.