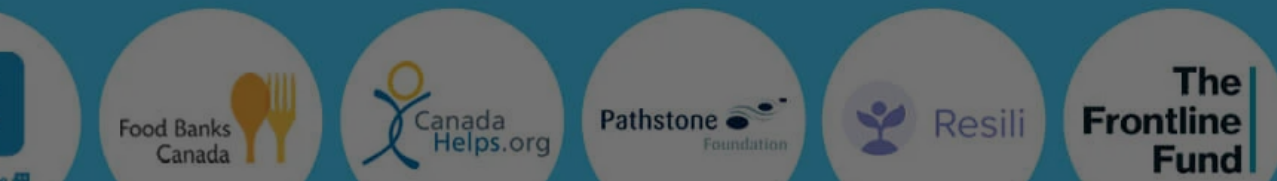


6 Resources to Help You Get Through COVID-19



6 Resources to Help You Get Through COVID-19

June 09, 2020

We are very excited to announce the Community Outreach addition to the Flipp app for our Canadian users. We have partnered with various Canadian non-profit organizations to connect you to resources and support services to help you get through COVID-19.

From now until July 31, check out the Community Outreach carousel on the Flipp app for resources and connections to the following organizations:

[Kids Help Phone](#)

Kids Help Phone is Canada's 24/7, national support service. They offer professional counselling, information & referrals and volunteer-led, text-based support to young people in both English and French.



We're here for you during COVID-19

Kids Help Phone knows that the COVID-19 pandemic is affecting both adults and young people across Canada and around the world. We want you to know that we are always here if you need support.

Where can people in Canada reach out for support?

As an e-mental health service, Kids Help Phone is available 24/7, in both English and French, providing free support to both young people and adults, including frontline workers.

Kids Help Phone 

Support for young
people

Call 1-800-668-6868
Text TALK to 686868

CRISIS TEXT LINE |

Support for adults

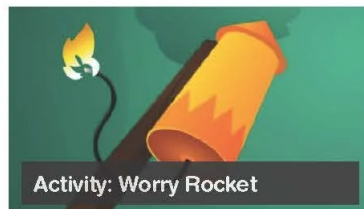
Text TALK to 741741

Support for
frontline workers

Text FRONTLINE to
741741

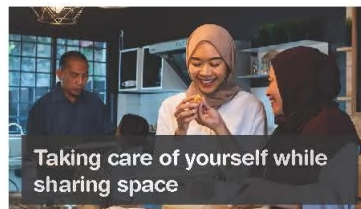
What other trustworthy resources are available?

There are a wide variety of mental health resources available to both young people and adults online at kidshelpphone.ca and wellnesstogether.ca.



Activity: Worry Rocket

<https://kidshelpphone.ca/get-info/worry-rockets/>



Taking care of yourself while
sharing space

<https://kidshelpphone.ca/get-info/taking-care-of-yourself-while-sharing-space-during-covid-19/>



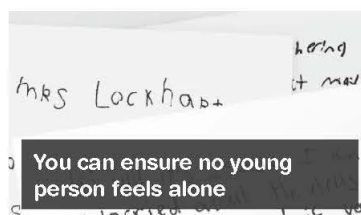
13 ways to ease concerns
about school during COVID-19

<https://kidshelpphone.ca/get-info/13-ways-to-ease-concerns-about-school-during-covid-19/>



Supporting the young people
in your life during COVID-19

<https://kidshelpphone.ca/get-involved/programs-resources/resources-caring-adults/supporting-the-young-people-in-your-life-during-covid-19/>



You can ensure no young
person feels alone

<https://kidshelpphone.ca/get-involved/give/you-can-ensure-no-young-person-feels-alone-during-covid-19/>



Mental Health and Substance
Use Support for Adults

wellnesstogether.ca.

Food Banks Canada

Food Banks Canada is a national charitable organization dedicated to helping Canadians living with food insecurity. Food Banks Canada supports a network of provincial associations, affiliate food banks, and food agencies that work at the community level to relieve hunger. Their work is focused on maximizing collective impact, strengthening local capacity, and reducing the need for food banks.

DONATE.

Your donation will have a dramatic
impact in the fight against food
insecurity during COVID-19.

DONATE NOW ►

Food Banks
Canada



[Resili](#)

Resili is a free mental health app bringing the best science to all Canadians through simple skills. This app will help you to control the low points in your day, learn on

your own schedule and connect you with insurance covered counselling.

Manage Your Mental Health at Home



Resili

Life's pretty stressful at home.

Here's our most loved tips for mental health during COVID-19:

- **Keep a consistent schedule**

wake-times, physical health breaks, "no-work" times

- **Connect with your purpose**

do at least one thing each day that has meaning to you

- **Learning acceptance**

accepting what's outside our control lets us work through it

Click here to read about why these tips work and how to use them in your day.



Resili is a mental health app bringing the best science to all Canadians through simple skills:

Take control of the lowpoints in your day

Learn on your own schedule

Connect for insurance covered counselling



Download the app for free here

[The Frontline Fund](#)

The Frontline Fund represents Canadian hospital foundations dealing with COVID-19 across the country. Canadian Healthcare workers need our support. By donating to The Frontline Fund, you can help arm frontline healthcare workers in Canada with what they need to defeat COVID-19.

The
Frontline
Fund

COVER US

**Canadian Healthcare workers
need your support to help fight
the COVID-19 crisis.**

Our frontline healthcare workers are caught in a fight with COVID-19. By donating to The Frontline Fund, which represents Canadian hospital foundations dealing with COVID-19 all across the country, you can help arm frontline healthcare workers in Canada with what they need to defeat COVID-19.

DONATE NOW



Join the fight against COVID-19 with Canada Helps. Many Canadians are in need of support to meet basic needs. Canada Helps' Community Care Fund supports 500 charities across Canada, helping those who need it the most.

Support COVID-19 relief efforts across Canada

Join CanadaHelps & Flipp in the fight against COVID-19

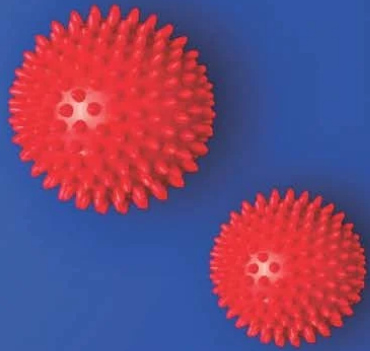
Many Canadians are in need of support to meet basic needs. Our COVID-19 Community Care Fund supports 500 charities across Canada helping those who need it the most.

DONATE TODAY



IN PARTNERSHIP WITH *flipp*

Pathstone Mental Health offers direct one-on-one mental health support for children and youth from ages 0-18 and their families with a 24/7 Crisis & Support Line. Donate today to support this amazing cause.



CORONAVIRUS

Pathstone 
Mental Health

**DIRECT ONE-ON-ONE MENTAL HEALTH SUPPORT
FOR CHILDREN AND YOUTH FROM 0-18 AND THEIR
FAMILIES IS OFFERED 24.7 BY CALLING**

1-800-263-4944

Your donations support programs like our
Crisis & Support Line

For more information and to donate, please visit
www.pathstonefoundation.ca/donate

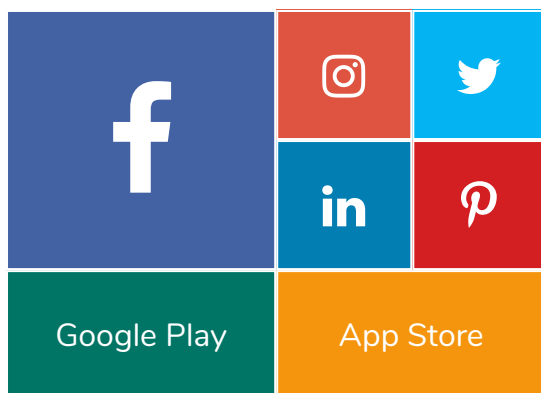
We thank you for your support and contributions and hope these resources will be a source of support to you and your families during this time.



Flipp

Flipp is your one-stop app for deals and savings. We help budget-conscious shoppers save money on all their shopping and planning needs. Download the Flipp app for free on the App Store and Google Play.

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