

PLEASE FIND BELOW LINKS THAT WILL BE HELPFUL DURING THE PANDEMIC

Accessing Essential Services During Pandemic “Kahnawake”

<http://kscs.ca/story/essential-services-kscs>

Aionkjwatakari:teke COVID-19 Special Issue

https://www.kscs.ca/sites/default/files/field/file-attachment/april_2020_pandemic_extra.pdf

Tele-counselling is available at KSCS

<https://www.facebook.com/KSCSKahnawake/photos/a.426969397736489/894731930960231/?type=3&theater>

Psychological Resources for Parents

<http://kscs.ca/story/psychological-resources-parents>

Psychosocial Tools to Reducing Anxieties

<http://kscs.ca/story/psychosocial-tools-how-reduce-anxieties>

Staying Safe in in Abusive Relationship During COVID-19 Pandemic

<http://kscs.ca/story/staying-safe-abusive-relationships-during-covid-19>

Access to Emergency Food “Kahnawake”

<http://kscs.ca/story/access-emergency-food>

Emergency Isolation Shelter “Kahnawake”

<http://kscs.ca/story/kscs-opens-emergency-isolation-shelter>

Social Distancing and Social Isolation/Quarantine

<https://www.facebook.com/KSCSKahnawake/photos/a.426969397736489/884228905343867/?type=3&theater>

Recognizing Anxiety in children and teen

<https://www.facebook.com/KSCSKahnawake/photos/a.426969397736489/887156878384403/?type=3&theater>

Support Your Child

<https://www.facebook.com/KSCSKahnawake/photos/a.426969397736489/887157345051023/?type=3&theater>

Free mental health apps

<https://www.facebook.com/KSCSKahnawake/photos/a.426969397736489/887156591717765/?type=3&theater>

A message for our teens

<https://www.facebook.com/KSCSKahnawake/photos/a.426969397736489/884098145356943/?type=3&theater>

Managing Anger

<https://www.facebook.com/KSCSKahnawake/photos/a.426969397736489/889277228172368/?type=3&theater>

Coronavirus disease (COVID-19) in Québec

<https://www.quebec.ca/en/health/health-issues/a-z/2019-coronavirus/>

People who vape, smoke, and use drugs like opioids

https://www.cnn.com/2020/03/20/health/coronavirus-vaping-rugs/index.html?fbclid=IwAR1XU2_BGhevJ5_VF58eVemdOyytbFN8PwsvjRtAGMMLYKFryBxeaEn2Id0

Stress, Anxiety and Depression Associated With the Coronavirus COVID-19 Disease (Quebec website)

<https://www.quebec.ca/en/health/health-issues/a-z/2019-coronavirus/stress-anxiety-and-depression-associated-with-the-coronavirus-covid-19-disease/>