



First Nations Health Authority
Health through wellness

Inclusive Toolkit Wellness Supports for COVID-19



Living through a pandemic is stressful and it is normal to feel worried or anxious. In response to COVID-19, the First Nations Health Authority (FNHA) has developed the **Mental Health and Wellness Toolkit for COVID-19**, which includes fact sheets designed to help support the mental health and wellness of Indigenous people during this time.

These resources aim to help cope with the challenges in our lives that can be stressful, overwhelming and cause strong emotions. Learning to cope with stress in a healthy way and being more aware of the impact these negative feelings can have on our wellness can make us, our families and our communities more resilient.

The resources also provide specific suggestions for dealing with the mental health and wellness issues raised by the pandemic. The complete list of resources can be found [here](https://www.fnha.ca/what-we-do/communicable-disease-control/coronavirus/mental-health-and-wellness) (<https://www.fnha.ca/what-we-do/communicable-disease-control/coronavirus/mental-health-and-wellness>) and you can navigate to specific topics, including:



- [Managing Anxiety](#)
- [Parenting Youth During COVID-19](#)
- [Coping with Grief and Loss](#)
- [Responding to Anger](#)
- [Parenting Children During COVID-19](#)
- [Domestic Violence During COVID-19](#)
- [Prenatal and Postpartum Care During COVID-19](#)

For other services including mental health counselling and cultural supports, please refer to [FNHA's Mental Health and Cultural Supports During COVID-19](#) resource.