

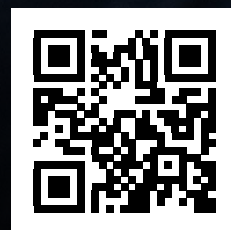
**Emerging  
Minds.**

National Workforce  
Centre for Child  
Mental Health

# Need help supporting your child's mental health during COVID-19?

This free online toolkit includes videos,  
fact sheets, podcasts and guides to  
help your family navigate the pandemic.

**Scan the QR code to get started.**



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**For translated resources available in  
18 different languages, check out:**

Helping  
children  
cope with  
stress during  
COVID-19



Using play  
to support  
children  
during  
COVID-19

