

PSYCHOSOCIAL DISASTER NETWORK

A virtual hub for psychosocial disaster recovery and preparedness.



PDN UPDATES - WE ARE IN THIS TOGETHER

The COVID-19 outbreak was declared a global pandemic and Alberta declared a public health emergency on March 17th, 2020. Our world and daily lives are constantly changing and we want to let you know that we are in this together. Our hope is to provide you with a centralized virtual hub for updates and resources for psychosocial preparedness and recovery. We have three overarching messages that help guide our newsletters:

- 1) Prepare to recover
- 2) Communicate to coordinate
- 3) Strong communities save lives

Below are current projects that we are working on:

- The Psychosocial Disaster Learning Series will be available online soon and we will keep you posted.
- The 1.5 hour virtual interactive Psychological First Aid (PFA) workshop is coming soon. If you are interested in this workshop, please email **Wendy** (Wendy.MacGregor@ahs.ca).

WE WANT TO HEAR FROM YOU!

If you would like to be **added** to the **email distribution list**, have **questions** about **psychosocial recovery**, **specific areas of interest**, or would like to **share resources**, please email **Shanelle** (Shanelle.Reodica@ahs.ca). **Please share this with everyone and stay tuned for our upcoming updates and newsletters.**

TIPS FOR PERSONAL & FAMILY WELL-BEING

- Limit the amount of time you spend watching, reading or listening to news about COVID-19 and get the facts about from reliable sources. Be aware of what information you share and how often you talk about it. Take time to talk about things unrelated to COVID-19.
- Be mindful, gently paying attention to your thoughts, feelings and body sensations. Breathing techniques can help to manage stress and anxiety; take a slow deep breath in as you count to 5 and then exhale, also counting to 5 (repeat 10 times).
- If you are in self-isolation, look for opportunities to stay in contact with family and friends. Stay connected through phone calls and social media. Try as much as possible to keep your personal daily routines and engage in healthy activities you enjoy and find relaxing.
- Discuss COVID-19 with children honestly using age-appropriate information. If children have concerns, addressing these concerns together may ease their anxiety. Support kids by creating virtual hangouts using their social media and gaming platforms.
- It is important to keep in contact with seniors. Let older adults talk about their fears, share their wisdom, and support others. Help them download and use applications (e.g., video chat, sharing pictures). Play games over the phone (e.g., a guessing game).

RESOURCES AND LINKS

COVID-19 Self-Assessment Test

<https://myhealth.alberta.ca/Journey/COVID-19/Pages/COVID-Self-Assessment.aspx>

If you have symptoms - cough, fever, fatigue, or difficulty breathing, call **Health Link 811**

COVID-19 Podcasts

<https://soundcloud.com/ahs-communications>

To order free health promotion resources, visit:

<https://dol.datacm.com/>

Login ID: mentalhealthresources
Password: mh2016

COVID-19 info for Albertans

<https://www.alberta.ca/coronavirus-info-for-albertans.aspx>

Tamarack CoP Newsletter

<https://www.tamarackcommunity.ca/cdc-march-2020-newsletter>

Canadian Network for the Health and Housing of People Experiencing Homelessness

<http://cnh3.ca/resources/>

Ready Calgary Training

<https://www.calgary.ca/CSPS/cema/Pages/READYCALGARY-Program-Overview.aspx?redirect=/readycalgary#>