

COVID-19 (coronavirus)

Mental health programs from your home

If you or someone you know are having a strong reaction to the Covid situation, you may need more help to cope with anxiety and other reactions. Please consider using one of the following mental health programs **from your home** to develop coping strategies for anxiety and other behaviours that may be presenting with increased stress.

Strongest Families (Telehealth)

Strongest Families Institute provides evidence-based services to children and families seeking help for mental health and other issues impacting health and well-being. We provide timely care to families by teaching skills through our unique distance coaching approach – supporting families **over the phone and Internet** in the comfort and privacy of their own home. Strongest Families provides family-centered care that is customized to their needs.

Programs are designed to support children and youth from 3-17 years of age. Our effective and clinically tested modules include support for:

Attention Deficit Hyperactivity Disorder

Oppositional Defiance Disorder

Anxiety Disorder

Nighttime Bedwetting

You can be referred to the program through your primary care provider or community mental health services by calling

1-866-833-5443.

ICAN- Adult Anxiety Program (Telehealth)

This program educates adults about anxiety and guides them as they learn skills to overcome their anxiety, excessive worry and how to cope with major life stressors. This program provides adults with a **manual or access to a secure website, videos, relaxation audio clips, daily anxiety tracker, a supporter guide, and weekly telephone support from a coach.** Adults can receive weekly telephone coaching support through either one on one coaching, or through our group-based program with other adults who share similar challenges. This program is effective at decreasing anxiety and stress; and increasing confidence and independence

The program is available free of charge to Island residents and individuals can self-refer online at [Strongest Families Institute Self-refer](#)

If you have general questions about COVID-19 call

1-800-958-6400



Health PEI

For the latest local information visit: PrinceEdwardIsland.ca/covid19