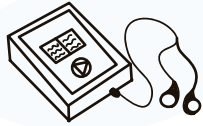


ABCoping with

COVID-19

A RESOURCE FOR YOUTH



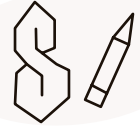
Audiobooks



Bathtime



Cooking



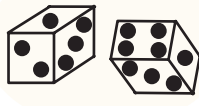
Drawing



Exercise



Foraging



Games



Hobbies



Instagram Live



Jigsaws



Karaoke



Live concerts



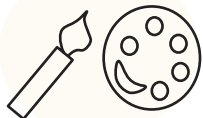
Movie marathon



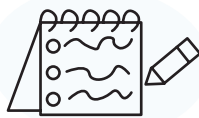
Nature walks



Open windows



Painting



Qizzes



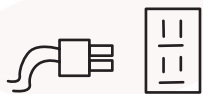
Readng



Skygazing



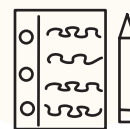
Teatime



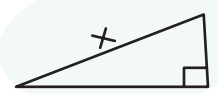
Unplugging



Video calls



Writing



finding **X**



YouTube



Zine making

This information sheet is not intended to be a resource for people who require screening for COVID-19 or who are experiencing a mental health crisis. If you are experiencing a mental health crisis, please call 911 immediately or go to your nearest emergency department.

For more information, visit www.camh.ca/covid19.

This resource was developed by young people on CAMH's Youth Engagement Initiative and National Youth Action Council.