

Feeling Overwhelmed? Not sure what to believe?

Here are some recommended resources:

Help in Tough Times: [Helpful tips to decrease anxiety and prevent depression](#)

[Covid-19 and your Mental Health](#)

Canadian Mental Health Association – Alberta Division. Covid and mental health resources. <https://alberta.cmha.ca/news/covid-19-outbreak-protecting-your-mental-health/>

Tolerance for Uncertainty: A Covid-19 Workbook - <https://www.baypsychology.ca/workshops>

Text4Hope: receive a daily text with ways to help support your mental help during this tough situation. <https://albertahealthservices.ca/topics/Page17019.aspx>

Healthy Together: Finding a new normal for family life during the COVID-19 pandemic. <https://albertahealthservices.ca/news/Page15439.aspx>

Want to talk to a professional? Your physician or nurse at Riley Park Maternity is a great resource and we can also help direct you to CFPCN services like ‘One Step at a Time’ phone counselling.

Can’t sleep? [Sleeping for Two Study](#): a safe and free way to address sleep problems in pregnancy. The National Sleep Foundation states “78% of women report more disturbed sleep during pregnancy than at other times.” Check if you are eligible to participate and what is involved [HERE](#). Participants can get up to \$150 in e-gift cards for the whole study.

Managing Anxiety during Covid – available under ‘Patient Handouts’

Mindfulness and Parenting Mental Health Supports during Covid - available under ‘Patient Handouts’

Where do I get accurate information?

The [Alberta Health Services](#) website is the best place to get accurate and up to date information about COVID-19. Limit the amount of time you spend watching, reading or listening to news. Too much or constant information can cause you or those around you to feel worried or anxious.

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