

## COVID-19 Update: March 20, 2020

Dear clients,

These are unprecedented times. In the interests of the health of my clients and the larger community, **I am limiting all client contact to telephone.** I realize this is a difficult step to take and appreciate your patience as we all adjust to a rapidly evolving and challenging time. However, I am following the recommendations of our government and public health officials, who are doing their best to encourage social distancing and thereby reduce the spread of the virus. I will continue to check my phone messages daily and will contact each client (or the parent of young clients) who is scheduled with an appointment, giving them the option of postponing their session or conducting it by phone. Assessment sessions will be postponed, given the interactive nature of testing that is not well suited to social distancing.

I will do my best to continue to meet the mental health needs of my clients during this difficult time. Below are some resources to help you and your family

- The Canadian Psychological Association offers a Fact Sheet (Coping with and Preventing COVID-19) on their website <https://cpa.ca/covid-19/>
- The Washington Post offers a document on mental wellness and COVID-19 at [https://www.washingtonpost.com/lifestyle/wellness/anxiety-coronavirus-mental-wellness-tips/2020/03/16/f187faf2-67b8-11ea-9923-57073adce27c\\_story.html](https://www.washingtonpost.com/lifestyle/wellness/anxiety-coronavirus-mental-wellness-tips/2020/03/16/f187faf2-67b8-11ea-9923-57073adce27c_story.html)
- The Centre for Addiction and Mental Health offers information on several aspects of COVID-19 <https://www.camh.ca/>
- <https://www.alustforlife.com/tools/mental-health/covid19-psychological-survival>
- The National Association of School Psychologists offers a document on their website <https://www.nasponline.org/> Talking to Children about COVID-19: Parent Resource
- <https://kidshelpphone.ca/>
- A helpful explanation of the difference between isolation, social-distancing, and quarantine can be found at <https://www.tv.o.org/article/distancing-isolation-quarantine-lockdown-whats-the-difference>

And for a smile.....



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