

## RESOURCES from March 20, 2020 Go Team Update

There's a lot of misinformation circulating about COVID-19, especially on social media. Sometimes it seems completely plausible and looks real. *Please don't accept or share what you read unless you know and trust the original source or have checked it out first.*

It's easy to feel overwhelmed by news stories and social media. Take a break from screens. Get out for a walk. Pray. Spring clean. Catch up on reading and hobbies. Make something. Breathe deeply and meditate. Watch a funny TV show. Call old friends and check in with neighbours.

Here are some resources and info you may find useful:

- Some **grocery & drug stores** are offering opening times for seniors and others at risk; google or call your local shops for more information.
- **Snopes** is an excellent site for sifting fact from fiction. You can search by topic to find out what's true: <https://www.snopes.com/>
- The latest COVID-19 news from the **BC government** can be found here: <https://news.gov.bc.ca/releases/2020HLTH0092-000521>
- **BC211** is a searchable source for community resources throughout BC: <http://www.bc211.ca/>
- **BounceBack** is a free skill-building program designed to help you manage low mood, mild to moderate depression, anxiety, stress or worry. There's an online self-paced course available at <https://bouncebackbc.ca/>
- **BC Family Caregivers** is an excellent online and coaching resource for caregivers. If you're caring for someone else and could use some advice or help finding resources, try 1-877-520-3267 or visit <https://www.familycaregiversbc.ca/>