



Here at the [BCCH Provincial OCD Program](#) we would like to offer you our support during this difficult and uncertain time. We understand you might be struggling to adapt to the current situation while keeping your worries under control. We have compiled a list of resources listed below that you may find useful.

We hope you and your loved ones are staying safe and healthy.

Warm regards,
POP team

OCD-Specific

- [Managing OCD about Coronavirus](#)
- [How to Deal With Coronavirus If You Have OCD or Anxiety](#)

Anxiety related

- [What coronavirus fears are doing to people with anxiety disorders](#)
- [What to do if you're anxious or worried about coronavirus \(COVID-19\)](#)

Support for parents:

- [How to Help Your Children Cope With Stress About the Coronavirus](#)
- [How to Talk to Your Anxious Child About the Coronavirus](#)
- [How to Talk to Kids About Coronavirus](#)
- [Helping kids cope with COVID-19 anxiety](#)

Online Support group

- [OCD Online Support Group](#)

Audio/video resources

- [How to Explain the Coronavirus to Kids with Anxiety or OCD](#)
- [Mindfulness meditation audios for parents](#)

Virtual events

- [IOCDF virtual town hall to address questions from the OCD community](#)
- [Free online Mindfulness retreat](#)

We will also be sending out a survey in the next few weeks to get your thoughts on COVID-19 and to check in on how you are doing during this time. Please keep an eye out and we appreciate your cooperation!
