

What Decision Makers Can Do:

Invest in Community Services and Supports



Access to psychological services including mental health resources and telehealth.



Prioritize mechanisms for children and youth to stay engaged including access to recreation programs (e.g., sport teams, art and music classes).



Access to safe outdoor places for children, youth and adults to play (e.g., playgrounds, bike paths, and skating rinks).



Resources and supports to address family time-crunch including workplace protection initiatives and childcare.