

COVID Mental Health Resource Suggestions

Resources for Parents/Guardians and Students

1. Caring for Children: Tips to keep children healthy while school's out (CDC)

https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/children.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fprepare%2Fchildren.html

- Benefits
 - Good ideas for parents/guardians to help children cope with stress and how to support them
- Audience
 - Geared toward parents/guardians with children of all age groups

2. Talking to Kids About the Coronavirus Crisis (Child Mind Institute)

<https://childmind.org/article/talking-to-kids-about-the-coronavirus/>

- Benefits
 - Mental health needs addressed; child and family friendly; simple, yet generic strategies for parents/guardians to help children. Information in both English and Spanish.
- Audience
 - Geared toward parents/guardians with children of all age groups

3. Building Positive Conditions for Learning at Home: Strategies and Resources for Families and Caregivers (American Institutes for Research)

<https://www.air.org/resource/building-positive-conditions-learning-home-strategies-and-resources-families-and-caregivers>

- Benefits
 - Practical strategies for parents/guardians in the home, good activities for parents/guardians to do with children for supporting/influencing an educational environment at home. Information in both English and Spanish.
- Audience
 - Good for school-age students and their parents/guardians

4. Supporting Our Community through the COVID-19 Crisis (United Way)

<https://www.uwsn.org/COVID19#collapse-vbp-accordion-43-1>

- Benefits
 - Generalized for everyone, staying healthy, access to resources, and other links.
- Audience
 - All age groups

COVID Mental Health Resource Suggestions

5. First Aid for Feelings: A Workbook to Help Kids Cope During the Coronavirus Pandemic (Scholastic)

<http://teacher.scholastic.com/education/coronavirusworkbook/index.html>

- Benefits
 - Denise Daniels, a leading child development expert, has teamed up with Scholastic and the Yale Child Study Center to help children, families, and educators cope during this pandemic. Practical and easy to use.
- Audience
 - Younger children ages 5-10 and parents/guardians; information in English, Spanish, and French.

Urban School District Resource Pages and Web site Examples:

Five Resilience Factors (LAUSD Student Health and Human Services)

https://achieve.lausd.net/cms/lib/CA01000043/Centricity/domain/650/pdfs/SHHS_PCS%205%20Resilience%20Factors_handout.pdf

- Benefits
 - Discusses resiliency
- Audience
 - Good for all age groups of students and their parents/guardians

Social Emotional Wellness Videos (Cleveland Metropolitan School District)

<https://www.clevelandmetroschools.org/Page/15612>

- Benefits
 - A bank of social emotional wellness videos for students at home. For each video, the site provides a description, intended grade levels, and run time. Examples include videos that describe breathing techniques and strategies for helping students destress and calm down, videos that deal with gratitude and relationship building, and videos that provide guidance for parents/guardians in how to have courageous conversations about coronavirus and school safety.
- Audience
 - Geared toward parents/guardians with children of all age groups