

Additional Mental Health Resources

Please continue to reach out to the social workers, counselors, principals, and teachers in the midst of this crisis. We are here to support your family.

The following web resources were compiled by The State Education Department and offer guidance for self-care as well as strategies for talking about COVID-19 honestly and effectively with young people. **Select the blue link for access to the resource.**

[Helping Children Cope with Changes Resulting from COVID-19 \(from National Association of School Psychologists\)](#)

Offers suggestions for remaining calm and assuring, making yourself available to young people, keeping explanations age appropriate, avoiding excessive blaming, monitoring television and social media exposure, maintaining a normal routine to the extent possible, being honest and accurate, knowing the symptoms of COVID-19, reviewing and modeling basic hygiene and healthy lifestyle practices for protection, and discussing new rules or practices for school.

[Feeling Stressed About Coronavirus-19? \(from NYS Office of Mental Health\)](#)

The outbreak of COVID-19 around the world has led to the spread of fear and panic for individuals and communities. In addition to following physical precautions guidelines, individuals should be taking care of their psychological well-being.

[Care for Caregivers: Tips for Families and Educators \(from National Association of School Psychologists\)](#)

Parents, teachers, and other caregivers play a critical role in helping children cope with crises, often ignoring their own needs in the process. However, caregivers must take good care of themselves, so they are able to take good care of the children in their charge.

[Stop Watching, Start Talking \(from NYS Department of Health\)](#)

Watching and listening to very bad news reports can upset children. Parents, caregivers, teachers, and healthcare providers can do a lot to help children feel safer and less stressed. Turning off the TV and other screens is a good start. News coverage of tragic events is not healthy for kids. Here's why.

[Talking with Children: Tips for During Infectious Disease Outbreaks \(from U.S. Department of Health & Human Services - Substance Abuse and Mental Health Services Administration \(SAMHSA\)\)](#)

Provides parents, caregivers, and teachers with strategies for helping children manage their stress during an infectious disease outbreak. It describes potential reactions among youth and the support adults can provide to help them.

[Parent/Caregiver Guide to Helping Families Cope with the COVID-19 \(from The National Child Traumatic Stress Network\)](#)

Will help you think about how an infectious disease outbreak might affect your family – both physically and emotionally – and what you can do to help your family cope.

[Addressing Grief \(from National Association of School Psychologists\)](#)