

Social-Emotional and Mental Health Resources

HELPING YOUR CHILD THROUGH THESE UNPRECEDENTED TIMES:

Many adults are wondering how to discuss the coronavirus in a way that will be reassuring and not make kids more worried than they already may be. Fortunately, there are some great resources available from our community partners and community organizations that can help. The Child Mind Institute reminds us to take cues from our children and allow them to tell you what they may have heard about the coronavirus and how they feel and whether they have any questions. This should guide your discussion so that you can inform but not overwhelm.

We'd like to share with you the CDC's recommendations on how parents can best support their children in the coming weeks:

- Children and teens react, in part, on what they see from the adults around them. When parents and caregivers deal with the COVID-19 calmly and confidently, they can provide the best support for their children. Parents can be more reassuring to others around them, especially children if they are better prepared. There are many things you can do to support your child--
- Take time to talk with your child or teen about the COVID-19 outbreak. Answer questions and share facts about COVID-19 in a way that your child or teen can understand.
- Reassure your child or teen that they are safe.
- Let them know it is ok if they feel upset. Share with them how you deal with your own stress so that they can learn how to cope from you.
- Limit your family's exposure to news coverage of the event, including social media. Children may misinterpret what they hear and can be frightened about something they do not understand.
- Try to keep up with regular routines. If schools are closed, create a schedule for learning activities and relaxing or fun activities.
- Be a role model. Take breaks, get plenty of sleep, exercise, and eat well.

Additional resources for helping your child through the coming weeks:

[Helping children cope with stress during the 2019-nCoV outbreak](#)

[Talking to Children About COVID-19 \(Coronavirus\): A Parent Resource](#)

[Parent/Caregiver Guide to Helping Families Cope With the Coronavirus Disease 2019 \(COVID-19\)](#)

<https://www.southbayfamiliesconnected.org/traumatic-events>

The Child Mind Institute has published a resource on how to talk to young people about COVID-19.
<https://childmind.org/article/talking-to-kids-about-the-coronavirus/>

Julia Cook The Yucky Bug (Great for younger students)

<https://www.youtube.com/watch?v=ZD9KNhmOCV4>

How to Talk to Your Kids about Coronavirus

https://schoolsocialwork.net/how-to-talk-to-your-kids-about-coronavirus/?utm_campaign=sswn_new_sletter&utm_medium=email&utm_source=Revue%20newsletter

Talking with children about Coronavirus Disease 2019: Messages for parents, school staff, and others working with children

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/talking-with-children.html>

Just for Kids: A Comic Exploring the New Coronavirus

https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus?utm_source=eNewsletter+March+2020&utm_campaign=March+2020+eNewsletter&utm_medium=email

How to Talk to Kids about Coronavirus

https://www.laparent.com/how-to-talk-to-kids-about-coronavirus/?utm_source=eNewsletter+March+2020&utm_campaign=March+2020+eNewsletter&utm_medium=email

The Centers for Disease Control (CDC) has guidance on managing mental health and coping during COVID-19 for children and caregivers

https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fabout%2Fcoping.html

When everything feels overwhelming, check out [tips for taking in rapidly changing news](#).

SOCIAL EMOTIONAL RESOURCES:

Many parents are also wondering how to support their child's social-emotional needs during this time. In addition to what is being provided through your child's School Counselor, there are additional resources for home below:

Second Step Social Emotional Learning Lessons/Activities

www.secondstep.org

Family Activation Keys:

(Families have to create an account to use the code).

Kinder: SSPK FAMI LY70

1st: SSP1 FAMI LY71

2nd: SSP2 FAMI LY72

3rd: SSP3 FAMI LY73

4th: SSP4 FAMI LY74

5th: SSP5 FAMI LY75

6th: SSP6 FAMI LY76

7th: SSP7 FAMI LY77

8th: SSP8 FAMI LY78

[Mind Yeti](#) - for mindfulness and meditation exercises

[South Bay Families Connected](#)

Resources, videos, and educational materials for parents and students on a variety of current topics including stress, bullying, grief, depression, and mental health challenges, etc.

Helping kids cope with stress and anxiety:

<https://www.southbayfamiliesconnected.org/help-kid-cope-with-stress>

Self Care Ideas

<https://drive.google.com/file/d/0B86bxhFxYKGzcTdYN215ejBjLTQ/view>

Zones of Regulation Jeopardy Link:

<https://jeopardylabs.com/play/zones-of-regulation-jeopardy-30#.XWhN5uyxpc0.gmail>

30 things to do for Emotional Health

[Alleycat Counselor Resource Page](#)

Go Noodle - Videos for movement and mindfulness

gonoodle.com

Brain Pop

<https://www.brainpop.com/health/>

Brain Pop Jr

<https://jr.brainpop.com/health/feelings/>

Centervention SEL Activities:

<https://www.centervention.com/social-emotional-learning-activities/>

Camp Kindness

<https://www.campkindnesscounts.org/characterportal>

50 Ways to Take A Break

https://success.oregonstate.edu/sites/success.oregonstate.edu/files/LearningCorner/Tools/50_ways_to_take_a_break.pdf

Social-Emotional Learning Games/Activities to do with your kids:

[Social-Emotional Learning Games](#)

De-stress together with Smartphone Apps:

Calm

MindShift

Headspace

Stop, Breathe & Think Kids

Smiling Mind

[Additional meditation apps for kids and families.:](#)

Covid-19 Warmline: therapists are available from 6:00 am to midnight to conduct brief listening sessions with callers to reassure them and reduce their anxieties and refer to appropriate care if needed.

Phone: 1-833-4HELP19 or 1-833-8LISTEN

CRISIS RESOURCES:

Many parents may also be wondering what to do if their child or someone they know is in a crisis situation. Resources for students and family members to speak with someone 24/7 via phone, text, or chat when they need to speak with someone right away are below:

Say Something Anonymous Reporting System

To submit a tip of a potential threat of harm to self or others:

Call the tipline: 1- 844- 5- SAYNOW

Use the website: www.saysomething.net

Use the mobile app: Say Something SHP

National Suicide Prevention Lifeline 24/7

Phone: 1 (800) 273-TALK (8255)

Chat: <https://suicidepreventionlifeline.org/chat/>

Didi Hirsch Suicide Prevention Crisis Line

Phone: 877-727-4747

Crisis Text Line (24/7):

Text HOME to 741741

Teen Line:

Phone: (310) 855-4673 (6 p.m. to 10 p.m. daily)

Text TEEN to 839863 (6 p.m. to 9 p.m. daily)

Chat: <https://teenlineonline.org/talk-now/>

The Trevor Lifeline (24/7):

Phone: 1 (866) 488-7386

Text: START to 678-678

Chat: <https://www.thetrevorproject.org/get-help-now/>

California Crisis Hotline:

Phone: 1 (800) 843-5200

Los Angeles County Department of Mental Health Access Line:

Phone: 1 (800) 854-7771

Los Angeles County Community Resources Information Line: 2-1-1

Care Solace

Simple, fast, and safe tool for drug and mental health assistance provided for TUSD families with 24/7 assistance finding services for children, adolescents, adults or seniors regardless of insurance.

Website: www.caresolace.com/TORRANCEPARENTS

Email: weserve@caresolace.org