

## **Mental Health Resources for Families and Staff**

### **Some resources for parents:**

Talking to kids regarding COVID-19 (National School Psych.):

[https://higherlogicdownload.s3.amazonaws.com/NASN/3870c72d-fff9-4ed7-833f-215de278d256/UploadedImages/PDFs/02292020\\_NASP\\_NASN\\_COVID-19\\_parent\\_handout.pdf](https://higherlogicdownload.s3.amazonaws.com/NASN/3870c72d-fff9-4ed7-833f-215de278d256/UploadedImages/PDFs/02292020_NASP_NASN_COVID-19_parent_handout.pdf)

Talking with Kids About Coronavirus (from NPR):

<https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus>

### **Coping skills/tools/resources for children:**

<https://childmind.org/coping-during-covid-19-resources-for-parents/>

<https://www.understood.org/en/school-learning/assistive-technology/finding-an-assistive-technology/8-meditation-apps-for-kids>

<https://store.samhsa.gov/system/files/sma14-4885.pdf>

<https://positivepsychology.com/mindfulness-for-children-kids-activities/>

<https://www.counselorkeri.com/2019/04/02/help-kids-manage-worry/>