

COVID-19

Resource Guide for Staying Mentally and Emotionally Healthy at Home PARENT(S)/CAREGIVER(S)

This Resource Guide for Staying Mentally and Emotionally Healthy at Home was designed with parent(s)/caregiver(s) in mind to support their child(ren)'s overall wellbeing (i.e., mental, emotional, physical, etc) while at home. The Guide is based on the grade level of child(ren). It is categorized by school-level: Elementary School, Middle School and High School. The final category are specific resources for Parent(s)/Caregiver(s) starting on page 15. Parent(s)/caregiver(s) need to take care of themselves, too!

Create a safe physical and emotional environment by practicing the 3 R's: Reassurance, Routines, and Regulation.

1. ***Reassure*** children about their safety and the safety of loved ones, and tell them that it is adults' job to ensure their safety.
2. Adults should maintain ***routines*** to provide children with a sense of safety and predictability (e.g., regular bedtimes and meals, daily schedules for learning and play).
3. Adults should support children's development of ***regulation***.

When children are stressed, their bodies respond by activating their stress response systems. To help them manage these reactions, it is important to both validate their feelings (e.g., "I know that this might feel scary or overwhelming") and encourage them to engage in activities that help them self-regulate (e.g., exercise, deep breathing, mindfulness or meditation activities, regular routines for sleeping and eating). In addition, it is essential to both children's emotional and physical well-being to ensure that families can meet their basic needs (e.g., food, shelter, clothing). [Adapted from Child Trends.org.](#)

****Note:** At the end of each section, parent(s)/caregiver(s) can find helpful apps for their child(ren) in elementary, middle and high school.

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ELEMENTARY SCHOOL

| Name | Brief Description | Links |
|---|--|--|
| <p><u>Talking to Kids about COVID-19</u></p> | <p>An article to help parents discuss the epidemic and reassure their children through this stressful time.</p> <p>This article is also available in <u>Spanish</u>.</p> | <p>https://childmind.org/article/talking-to-kids-about-the-coronavirus/</p> <p>https://childmind.org/article/como-hablar-con-los-ninos-sobre-el-coronavirus/</p> |
| <p><u>How to Talk to Kids about the Coronavirus</u></p> | <p>A YouTube video by Dr. Jamie Howard, PhD, Clinical Psychologist at the Child Mind Institute that provides advice to parents on how to bring up the epidemic in a way that will be reassuring and not make kids more worried.</p> | <p>https://www.youtube.com/watch?v=WhVad8ToCiU&feature=youtu.be</p> |
| <p><u>Talking to Children about COVID-19 (Coronavirus): A Parent Resource</u></p> | <p>Early elementary school children need brief, simple information that should balance COVID-19 facts with appropriate reassurances that their schools and homes are safe and that adults are there to help keep them healthy and to take care of them if they do get sick.</p> <p>This resource is also available in Spanish, Amharic, Chinese, Korean, French, and Vietnamese.</p> | <p>https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource</p> |

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| <p><u>Countering COVID-19 (Coronavirus) Stigma and Racism: Tips for Parents and Caregivers</u></p> | <p>A parent/caregiver resource on countering COVID-19 (Coronavirus) stigma and racism.</p> <p>This resource is also available in <u>Spanish</u>.</p> | <p>https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/countering-covid-19-(coronavirus)-stigma-and-racism-tips-for-parents-and-caregivers</p> |
| <p><u>Supporting Kids During the Coronavirus Crisis</u></p> | <p>Here are tips from the Child Mind Institute’s clinicians to help calm fears, manage stress and keep the peace at home.</p> <p>This resource is also available in <u>Spanish</u>.</p> | <p>https://childmind.org/article/supporting-kids-during-the-covid-19-crisis/?utm_source=newsletter&utm_medium=email&utm_content=%20Parents%20Guide%20to%20Problem%20Behavior&utm_campaign=Weekly-03-16-20</p> <p>https://childmind.org/article/como-apoyar-a-los-ninos-en-la-crisis-del-covid-19/</p> |
| <p><u>Resources for Families During the Coronavirus Pandemic</u></p> | <p>Navigate social distancing and school closures with quality media and at-home learning opportunities for your kids.</p> <p>This resource is also available in <u>Spanish</u>.</p> | <p>https://www.common sense media.org/resources-for-families-during-the-coronavirus-pandemic</p> <p>https://www.common sense media.org/recursos-para-las-familias-durante-la-pandemia-del-coronavirus</p> |
| <p><u>Supporting Social & Emotional Development in Kids Ages 5-8</u></p> | <p>Sometimes it's hard to talk about emotions. These tips can get you started.</p> | <p>https://www.parenttoolkit.com/social-and-emotional-development/conversation-starter/self-management/supporting-social-and-emotional-development-in-kids-ages-5-8</p> |
| <p><u>Building Developmental Relationships During the COVID-19 Crisis Checklist</u></p> | <p>Search Institute’s research is demonstrating that when young people experience developmental relationships with parents, educators, youth program staff, and other adults their outcomes are</p> | <p>https://www.search-institute.org/wp-content/uploads/2020/03/Coronavirus-checklist.pdf</p> |


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| | <p>better, their risk behaviors are lower, and they are more likely to be on the path to thrive in life. This checklist provides parents with concrete ideas on how to ensure their children build developmental relationships from home.</p> | |
| Free Online Dance Classes | <p>Designed for kids in pre-k through 5th grade, kids can learn more dance moves such as the Irish step. There are even some dances for grown-ups, too!</p> | https://sites.google.com/sfusd.edu/shonamitchell |
| GoNoodle: Good Energy at Home | <p>GoNoodle: Good Energy at Home offers free online:</p> <ul style="list-style-type: none"> ● Movement, yoga, and mindfulness videos ● Downloadable curricular activities ● Recommended off-screen home activities | https://www.gonoodle.com/good-energy-at-home-kids-games-and-videos/ |
| Calming Videos and Songs | <p>Some PBS KIDS videos families can watch from Daniel Tiger’s Neighborhood, Sesame Street and Esme and Roy with your child to practice deep breathing and other mindful activities together.</p> | https://www.pbs.org/parents/learn-grow |
| Mindful Schools | <p>For the next few weeks, Mindful Schools will be offering free mindfulness classes for kids! Join us online – for mindful activities, mindful movement, read-alouds – and let’s have fun exploring mindfulness together. What to Expect:</p> <ul style="list-style-type: none"> ● Fun and interactive activities for kids such as mindful eating, movement, and more ● 30 minutes of mindfulness and a restful break from the busyness of daily life | https://www.mindfulschools.org/free-online-mindfulness-class-for-kids/?utm_source=Mindful+Schools+Newsletter&utm_campaign=7968a81a59-EMAIL_CAMPAIGN_NEWSLETTER_2020_03_18_NONREG&utm_medium=email&utm_term=0_024a46d2a1-7968a81a59-21252787 |

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| | <ul style="list-style-type: none"> Experienced teachers from the Mindful Schools Training Team | |
| Podcasts on Spotify | These free podcasts teach kid-friendly mindfulness practices like "deep dragon breaths" that can be carried into waking life as well. | https://open.spotify.com/show/2DcxwkTmyl3F38Tg7vodCe |
| Montefiore Medical Center Video: Anxiety & Covid-19 | A YouTube video explaining anxiety and COVID-19. | https://schoolhealthcenters.us16.list-manage.com/track/click?u=da1395f1ad1e32ddbd18506b1&id=f3c7be44ac&e=98be1a1004 |
| **Note: In this section, parents/caregivers will find apps or links to websites for children who are elementary school age. | | |
| | | Apps |
| Mindshift | <p>Free Evidence-Based Mental Health Relief</p> <p>Is anxiety getting in the way of your life? MindShift™ CBT uses scientifically proven strategies based on Cognitive Behavioral Therapy (CBT) to help you learn to relax and be mindful, develop more effective ways of thinking, and use active steps to take charge of your anxiety. Get the tools to tackle:</p> <ul style="list-style-type: none"> Worry Panic Perfectionism Social Anxiety Phobias | <p>https://www.anxietycanada.com/resources/mindshift-cbt/?_ga=2.238636104.954689700.1585069104-1689605819.1580161222</p>  |

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MIDDLE SCHOOL

| Name | Brief Description | Links |
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| <u>Talking to Kids about COVID-19</u> | An article to help parents discuss the epidemic and reassure their children through this stressful time. This article is also available in <u>Spanish</u> . | https://childmind.org/article/talking-to-kids-about-the-coronavirus/ https://childmind.org/article/como-hablar-con-los-ninos-sobre-el-coronavirus/ |
| <u>How to Talk to Kids about the Coronavirus</u> | A YouTube video by Dr. Jamie Howard, PhD, Clinical Psychologist at the Child Mind Institute that provides advice to parents on how to bring up the epidemic in a way that will be reassuring and not make kids more worried. | https://www.youtube.com/watch?v=WhVad8ToCiU&feature=youtu.be |
| <u>Talking to Children about COVID-19 (Coronavirus): A Parent Resource</u> | Upper elementary and early middle school children will be more vocal in asking questions about whether they truly are safe and what will happen if COVID-19 comes to their school or community. They may need assistance separating reality from rumor and fantasy. This resource is also available in Spanish, Amharic, Chinese, Korean, French, and Vietnamese. | https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource |


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| <p><u>Countering COVID-19 (Coronavirus) Stigma and Racism: Tips for Parents and Caregivers</u></p> | <p>A parent/caregiver resource on countering COVID-19 (Coronavirus) stigma and racism.</p> <p>This resource is also available in <u>Spanish</u>.</p> | <p>https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/countering-covid-19-(coronavirus)-stigma-and-racism-tips-for-parents-and-caregivers</p> |
| <p><u>Supporting Kids during the Coronavirus Crisis</u></p> | <p>Here are tips from the Child Mind Institute’s clinicians to help calm fears, manage stress and keep the peace at home.</p> <p>This resource is also available in <u>Spanish</u>.</p> | <p>https://childmind.org/article/supporting-kids-during-the-covid-19-crisis/?utm_source=newsletter&utm_medium=email&utm_content=%20Parents%20Guide%20to%20Problem%20Behavior&utm_campaign=Weekly-03-16-20</p> <p>https://childmind.org/article/como-apoyar-a-los-ninos-en-la-crisis-del-covid-19/</p> |
| <p><u>Resources for Families during the Coronavirus Pandemic</u></p> | <p>Navigate social distancing and school closures with quality media and at-home learning opportunities for your kids.</p> <p>This resource is also available in <u>Spanish</u>.</p> | <p>https://www.common sense media.org/resources-for-families-during-the-coronavirus-pandemic</p> <p>https://www.common sense media.org/recursos-para-las-familias-durante-la-pandemia-del-coronavirus</p> |
| <p><u>CATCH: Coordinated Approach to Child Health</u></p> | <p>These 5-10 minute activity breaks were gathered from teachers, the CATCH Activity Boxes, the East Carolina University Middle School Energizers, the Yoga Care Foundation and the ABC Fitness Teacher’s Manual. Feel free to use them as</p> | <p>https://classroom.google.com/u/0/c/NTQ1MzA4Mzg0MTNa/m/NTQ1NDA4MjA0NTda/details</p> |


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| | directed, or tailor them to suit your subject area, activity space, and time allotment. | | |
| <u>Building Developmental Relationships During the COVID-19 Crisis Checklist</u> | Search Institute’s research is demonstrating that when young people experience developmental relationships with parents, educators, youth program staff, and other adults their outcomes are better, their risk behaviors are lower, and they are more likely to be on the path to thrive in life. This checklist provides parents with concrete ideas on how to ensure their children build developmental relationships from home. | https://www.search-institute.org/wp-content/uploads/2020/03/Coronavirus-checklist.pdf | |
| <u>Montefiore Medical Center Video: Anxiety & Covid-19</u> | A YouTube video explaining anxiety and COVID-19. | https://schoolhealthcenters.us16.list-manage.com/track/click?u=da1395f1ad1e32ddb18506b1&id=f3c7be44ac&e=98be1a1004 | |
| **Note: In this section, parents/caregivers will find apps or links to websites for children who are middle school age. | | | Apps |
| <u>Teen Talk</u> | <p>Teen Talk is a free iPhone app where teens can get support for whatever they may be dealing with from a trained teen.</p> <ul style="list-style-type: none"> ● Call 1-310-855-4673 ● Text TEEN to 839863 <p>It is a safe, non-judgmental space where you can anonymously post your issue at any time and get</p> | https://teenlineonline.org/teentalkapp/ |  |



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| | <p>support from a trained teen from 6:00 to 10:00PM Pacific time.</p> <p>On Teen Talk, teens can talk about anything from anxiety, depression, relationships, family issues, school...whatever may be causing you stress or worry. Don't bottle it up – reach out and talk to a Teen Talk peer!</p> <p>Download Teen Talk to vent, share, and get support from a trained teen!</p> <p>Follow Teen Talk on Instagram.</p> | | |
| <p><u>Mindshift</u></p> | <p>Free Evidence-Based Mental Health Relief</p> <p>Is anxiety getting in the way of your life? MindShift™ CBT uses scientifically proven strategies based on Cognitive Behavioral Therapy (CBT) to help you learn to relax and be mindful, develop more effective ways of thinking, and use active steps to take charge of your anxiety. Get the tools to tackle:</p> <ul style="list-style-type: none"> ● Worry ● Panic ● Perfectionism ● Social Anxiety ● Phobias | <p>https://www.anxietycanada.com/resources/mindshift-cbt/?_ga=2.238636104.954689700.1585069104-1689605819.1580161222</p> |  |

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| <p><u>Suicide Prevention App for Android and iPhone - MY3 - Suicide Prevention App for Android and iPhone – MY3</u></p> | <p>With MY3, your middle-schooler defines their network and their plan to stay safe. With MY3 they can be prepared to help themselves and reach out to others when you are having thoughts of suicide.</p> | <p>https://my3app.org/</p> |  |
| <p><u>Virtual Hope Box</u></p> | <p>Virtual Hope Box is a multi-media coping skill app designed for individuals such as middle-schoolers struggling with depression. The four main features of Virtual Hope Box include sections for distraction, inspiration, relaxation, and coping skill options. The distraction techniques include games that require focus, like Sudoku and word puzzles. The relaxation techniques offer a variety of guided and self-controlled meditation exercises. The coping techniques offer suggestions for activities that reduce stress. The inspiration section offers brief quotes to improve mood and motivation. The app can be used in collaboration with a mental health provider through the “coping cards” feature, which can be programmed to address specific problem areas. The relaxation tools can also be used with a clinical professional or other meditation partner, if desired.</p> | <p>https://psyberguide.org/apps/virtual-hope-box/</p> |  |

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HIGH SCHOOL

| Name | Brief Description | Links |
|--|---|--|
| <u>Talking to Kids about COVID-19</u> | <p>An article to help parents discuss the epidemic and reassure their children through this stressful time.</p> <p>This article is also available in <u>Spanish</u>.</p> | <p>https://childmind.org/article/talking-to-kids-about-the-coronavirus/</p> <p>https://childmind.org/article/como-hablar-con-los-ninos-sobre-el-coronavirus/</p> |
| <u>How to Talk to Kids about the Coronavirus</u> | <p>A YouTube video by Dr. Jamie Howard, PhD, Clinical Psychologist at the Child Mind Institute that provides advice to parents on how to bring up the epidemic in a way that will be reassuring and not make kids more worried.</p> | <p>https://www.youtube.com/watch?v=WhVad8ToCiU&feature=youtu.be</p> |
| <u>Mental Health America: Take a Mental Health Test</u> | <p>There is a Youth Test (questionnaire) that youth use to answer questions about their own emotional, attentional or behavioral difficulties.</p> | <p>https://screening.mhanational.org/screening-tools/youth?ref=n/a&ipiden=9c9fb83a407516a8fa4fa1b5b0d2671b&show=1</p> |
| <u>Talking to Children about COVID-19 (Coronavirus): A Parent Resource</u> | <p>Upper middle school and high school students are able to discuss the issue in a more in-depth (adult-like) fashion and can be referred directly to appropriate sources of COVID-19 facts. Provide honest, accurate, and factual information about the current status of COVID-19. Having such knowledge can help them feel a sense of control.</p> | <p>https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource</p> |


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| | This resource is also available in Spanish, Amharic, Chinese, Korean, French, and Vietnamese. | |
| <u>Countering COVID-19 (Coronavirus) Stigma and Racism: Tips for Parents and Caregivers</u> | A parent/ caregiver resource on countering COVID-19 (Coronavirus) stigma and racism. This resource is also available in <u>Spanish</u> . | https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/countering-covid-19-(coronavirus)-stigma-and-racism-tips-for-parents-and-caregivers |
| <u>Supporting Kids during the Coronavirus Crisis</u> | Here are tips from the Child Mind Institute’s clinicians to help calm fears, manage stress and keep the peace at home. This resource is also available in <u>Spanish</u> . | https://childmind.org/article/supporting-kids-during-the-covid-19-crisis/?utm_source=newsletter&utm_medium=email&utm_content=%20Parents%20Guide%20to%20Problem%20Behavior&utm_campaign=Weekly-03-16-20 https://childmind.org/article/como-apoyar-a-los-ninos-en-la-crisis-del-covid-19/ |
| <u>Resources for Families during the Coronavirus Pandemic</u> | Navigate social distancing and school closures with quality media and at-home learning opportunities for your kids. This resource is also available in <u>Spanish</u> . | https://www.common sense media.org/resources-for-families-during-the-coronavirus-pandemic https://www.common sense media.org/recursos-para-las-familias-durante-la-pandemia-del-coronavirus |
| <u>Building Developmental Relationships During the COVID-19 Crisis Checklist</u> | Search Institute’s research is demonstrating that when young people experience developmental relationships with parents, educators, youth program staff, and other adults their outcomes are better, their risk behaviors are lower, and they are more likely to be on the path to thrive in life. This | https://www.search-institute.org/wp-content/uploads/2020/03/Coronavirus-checklist.pdf |



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| | checklist provides parents with concrete ideas on how to ensure their children build developmental relationships from home. | |
| How to Talk to Teens About the New Coronavirus | A Harvard Health Blog on how to talk to teens about the new Coronavirus. | https://schoolhealthcenters.us16.list-manage.com/track/click?u=da1395f1ad1e32d1bd18506b1&id=512a06fbf0&e=98be1a1004 |
| Montefiore Medical Center Video: Anxiety & Covid-19 | A YouTube video explaining anxiety and COVID-19. | https://schoolhealthcenters.us16.list-manage.com/track/click?u=da1395f1ad1e32d1bd18506b1&id=f3c7be44ac&e=98be1a1004 |
| **Note: In this section, parents/caregivers will find apps or links to websites for children who are high school age. | | Apps |
| Mindshift | <p>Free Evidence-Based Mental Health Relief for your high-schooler:</p> <p>Is anxiety getting in the way of your life? MindShift™ CBT uses scientifically proven strategies based on Cognitive Behavioral Therapy (CBT) to help you learn to relax and be mindful, develop more effective ways of thinking, and use active steps to take charge of your anxiety. Get the tools to tackle:</p> <ul style="list-style-type: none"> ● Worry ● Panic ● Perfectionism ● Social Anxiety ● Phobias | <p>https://www.anxietycanada.com/resources/mindshift-cbt/?_ga=2.238636104.954689700.1585069104-1689605819.1580161222</p>  |

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| <p><u>Suicide Prevention App for Android and iPhone - MY3 - Suicide Prevention App for Android and iPhone – MY3</u></p> | <p>With MY3, your high-schooler defines their network and their plan to stay safe. With MY3 they can be prepared to help themselves and reach out to others when they are having thoughts of suicide.</p> | <p>https://my3app.org/</p> |  |
| <p><u>Virtual Hope Box</u></p> | <p>Virtual Hope Box is a multi-media coping skill app designed for individuals like high-schoolers struggling with depression. High-schoolers can use this app to build skills. The four main features of Virtual Hope Box include sections for distraction, inspiration, relaxation, and coping skill options. The distraction techniques include games that require focus, like Sudoku and word puzzles. The relaxation techniques offer a variety of guided and self-controlled meditation exercises. The coping techniques offer suggestions for activities that reduce stress. The inspiration section offers brief quotes to improve mood and motivation. The app can be used in collaboration with a mental health provider through the “coping cards” feature, which can be programmed to address specific problem areas. The relaxation tools can also be used with a clinical professional or other meditation partner, if desired.</p> | <p>https://psyberguide.org/apps/virtual-hope-box/</p> |  |

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| Category | Name & Brief Description | Links |
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| Mental Health and Coping During COVID-19 CDC | Tips on things you can do to support yourself and your child to reduce stress. | 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%2F coping.html |
| Parent Toolkit: Supporting Social and Emotional Development | Video series for parents: For some children (and adults!), social skills and emotional intelligence can come naturally. But that doesn't happen for all children. In this series, you'll find strategies to support your child's social and emotional development no matter their age. Special thanks to Dr. Maurice Elias and Jennifer Miller for their guidance and suggestions for making this series helpful for parents and caregivers. | https://www.parenttoolkit.com/social-and-emotional-development/video-series/supporting-social-and-emotional-development |
| COVID-19 Resources For Undocumented Californians - CIYJA | Information, resources and tips for undocumented families to prioritize their health to the best of their ability. | https://ciyja.org/covid19/?fbclid=IwAR1FxdSGo4I3APBGH3Ifx9kku6TtTfOFWqc1E8a5TWS1Gx9nUIUsy4SqM |
| COVID-19 Support | Be Strong Families is offering the following resources free of charge: Daily Webinars at 12PM CT (English) and 1:30PM CT (Spanish) starting on Monday, | https://www.bestrongfamilies.org/covid-19-support |

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| | <p>March 23rd. These are opportunities for parents and staff members to share with and learn from each other as they build their plan for navigating the COVID-19 situation. Their website includes a list of resources for families to build protective factors and financial resources for families to help during this time.</p> | |
| <p>Caregiver Guide to Helping Families Cope With the Coronavirus Disease 2019</p> | <p>This resource 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.</p> | <p>https://schoolhealthcenters.us16.list-manage.com/track/click?u=da1395f1ad1e32ddb18506b1&id=7a31fa9a5e&e=98be1a1004</p> |
| <p>Free Online Dance Classes</p> | <p>Free dance classes for adults and kids.</p> | <p>https://sites.google.com/sfusd.edu/shonamitchell</p> |
| <p>HOTLINES: <u>EMERGENCY CRISIS</u></p> | <p>If you or someone you know is in crisis, please call 911, go to the nearest emergency room, call 1-800-273-TALK (8255) to reach a 24-hour crisis center,</p> <p>or text MHA to 741741 at the Crisis Text Line.</p> | <p>https://mhanational.org/living-mental-illness-during-covid-19-outbreak-preparing-your-wellness</p> |
| | <p>National Suicide Prevention Lifeline</p> <p>Call or Chat 1-800-273-8255</p> | <p>https://suicidepreventionlifeline.org/</p> |

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| | <p>The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.</p> | |
| | <p>The Disaster Distress Helpline (DDH) provides crisis counseling and support for anyone in the U.S. experiencing distress or other behavioral health concerns related to any natural or human-caused disaster, including public health emergencies.</p> <p>Call 1-800-985-5990 or</p> <p>Text TalkWithUs to 66746 offers 24/7 emotional support & if you have any medical concerns speak to a trusted healthcare provider.</p> | <p>https://mhanational.org/living-mental-illness-during-covid-19-outbreak-preparing-your-wellness</p> |
| | <p>San Diego Access & Crisis Line</p> <p>(888) 724-7240</p> <p>TDD/TTY Dial 711</p> <p>7 days a week/24 hours a day</p> <p>Live chat available Monday-Friday 4:00 – 10:00 pm</p> | <p>https://www.optumsandiego.com/content/sandiego/en/access---crisis-line.html</p> |

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| <p>WARMLINES: <u>NON-EMERGENCY</u></p> <p><i>A warmline is a telephone service (aka a call line) for people who are looking for someone to discuss their daily struggles. Warmlines are staffed with peers who have lived experience of mental health struggles themselves and who are open to sharing their stories of challenging situations, recovery, and perseverance. Moreover, they listen to callers share their own struggles.</i></p> <p><i>Anyone can call a warmline (for free) to talk about their day, learn more about mental health resources in the area, and/or receive peer support as they themselves serve as a caregiver for a family member going through a mental health crisis.</i></p> | <p>The California Peer-Run Warm Line Toll free 1-(855) 845-7415</p> <p>Free non-emergency emotional support is available to anyone in the state via telephone or instant messaging operating 24/7.</p> | <p>Web Chat: https://www.mentalhealthsf.org/peer-run-warmline/</p> |
| | <p>San Diego Warm Line for San Diego Residents</p> <p>1-(619) 295-1055</p> <p>Open 3:30 PM to 11:00 PM, 7 days a week</p> | |

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| <p><u>MH SCREENINGS: AT HOME</u></p> | <p>Mental Health America: Take a Mental Health Test</p> <p>For example: There is a Parent Test (questionnaire) that parent(s)/caregiver(s) use to answer questions about their child’s emotional, attentional or behavioral difficulties.</p> <p>Online screening is one of the quickest and easiest ways to determine whether a person is experiencing symptoms of a mental health condition. Mental health conditions, such as depression or anxiety, are real, common and treatable. And recovery is possible.</p> | <p>https://screening.mhanational.org/screening-tools</p> |
| <p><u>SELF-CARE</u></p> | <p>How to Avoid Passing Anxiety on to Your Kids</p> <p>Help yourself, and them, by learning techniques to manage stress in a healthy way.</p> <p>This resource is also available in Spanish.</p> | <p>https://childmind.org/article/how-to-avoid-passing-anxiety-on-to-your-kids/?utm_source=newsletter&utm_medium=email&utm_content=%20Parents%20Guide%20to%20Problem%20Behavior&utm_campaign=Weekly-03-16-20</p> <p>https://childmind.org/article/como-evitar-pasarle-ansiedad-sus-ninos/</p> |
| | <p>Care for your Coronavirus Anxiety</p> | <p>https://www.virusanxiety.com/</p> |


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| | <p>Resources (i.e., Ask an Expert, Support, Meditation, etc) for anxiety and your mental health in a global climate of uncertainty.</p> | | |
| | <p>Staying Grounded</p> <p>The following exercise is designed to help you calm down and retrain your body and mind to stay grounded in the moment. The exercise can be used when you catch your mind wandering or if you notice you're about to have an anxiety or panic attack.</p> | <p>https://www.sdcoe.net/student-services/student-support/Documents/Mental%20Health/B2S%202018%20Worksheet%20-%20Keep%20Your%20Mind%20Grounded.pdf</p> | |
| | <p>Meditations & Calming Exercises Blog</p> <p>All of the resources on this page are free of charge — please share with anyone who might benefit. Enjoy this curation of content hand-picked to support your mental and emotional wellness through this time. And check back soon as we'll be updating these resources regularly.</p> | <p>https://www.calm.com/blog/take-a-deep-breath?utm_source=lifecycle&utm_medium=email&utm_campaign=difficult_times_subs_031720</p> | |
| <p>**Note: This section are apps for parent(s)/caregiver(s).</p> | | | <p>Apps</p> |
| <p>Text Suicide Hotline</p> | <p>Text Suicide Hotline</p> | <p>https://www.crisistextline.org/suicide</p> | <p>CRISIS TEXT LINE </p> |

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| | Text CONNECT to 741741 from anywhere in the USA, anytime, about any type of crisis anytime 24/7. A live, trained Crisis Counselor receives the text and lets you know that they are here to listen. The volunteer Crisis Counselor will help you move from a hot moment to a cool moment and guidance to create a plan to stay safe and healthy. | | |
| Headspace | Headspace is offering meditations, sleep, and movement exercises to help support you through this time of crisis. | https://www.headspace.com/covid-19 |  <small>HEADSPACE™</small> |