



Fwd: Youth Mental Health During the COVID-19 Pandemic | youth.gov Newsletter

1 message

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Working Together to Improve Youth Outcomes



These are challenging times for all, but especially for young people, and the effects of the pandemic and social distancing on the mental health of youth — particularly opportunity youth — can be overwhelming. Now more than ever, it is important to help youth and young adults stay connected with their communities.

The Interagency Working Group on Youth Programs (IWGYP) has curated and is continuously updating resources on how to **handle the collective trauma, talk about stress, and take charge of mental health** in this moment:

- engage.youth.gov/coronavirus — resources for youth
- youth.gov/coronavirus — resources for youth-serving organizations and other caring adults

The IWGYP is also collecting ideas from the field about keeping youth connected during this time. **Share what your organization is doing to connect with youth during the COVID-19 pandemic.**

Additionally, many young people have had their summer internship plans canceled by the pandemic. The Youth Engaged 4 Change (YE4C) team is collecting a listing of paid and unpaid internships to help teens and young adults ages 16-24 build their skills during this time. **You can help by sharing opportunities that will be listed on the YE4C website.**

TODAY ON YOUTH.GOV

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Share your ideas! What is your organization doing to connect with youth during the pandemic?



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TODAY ON YE4C



Call for Paid Internship Opportunities for Youth and Young Adults



#ExploreYE4C: Website | Instagram | Facebook

DID YOU KNOW?

Framing the pandemic response in a way that gives young people a sense of control is a key factor in supporting their mental health during this unprecedented time.



NAMI recently hosted an "Ask the Expert Webinar: Supporting the Emotional Needs of Youth During COVID-19" webinar that shared recommendations for how parents, teachers, and other adults can provide emotional support and reassurance to help navigate this societal crisis. Dr. Teri Brister, author of the NAMI Basics program, also provided information about the free NAMI Basics OnDemand program available online for parents and caregivers of young people with mental health conditions. This program was designed for parents wanting to learn more about and better help with their children's mental health.

[Watch the webinar replay.](#)

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