

Supporting



Parents and Students

As we all learn to adjust to our new normal, it is important that we also have tools to support our emotional health. Listed below are a few links that our MTSD counselors and school psychologists identified to provide information.

Link #1: [Centers for Disease Control and Prevention](#)

The outbreak of coronavirus disease 2019 (COVID-19) may be stressful for people. Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children. Coping with stress will make you, the people you care about, and your community stronger. Within this site, you will find resources for yourself and others managing anxiety and stress.

Link #2: [Coping With Stress During Infectious Disease Outbreaks-SAMHSA](#)

This PDF provides an overview of [Knowing the Signs of Stress](#), [Know How to Relieve Stress](#), and provides helpful resources.

Link #3: [Child Mind Institute](#)

We know parents are struggling to balance work, child care and self-care while keeping worries — both your children’s and your own — under control. You don’t have to do it alone.

Every day, the Child Mind Institute publishes a video and social tile with a tip for supporting families through the coronavirus crisis. You can sign up to receive these tips and other coronavirus advice daily by visiting the site.

Link #4: [Children’s Institute: Strengthening Social and Emotional Health](#)

Children’s Institute knows that children’s social emotional health is greatly impacted by times of anxiety and the recent news about COVID-19. Following are resources on how to share information such as this with young children as well as other useful topics to help children and their families navigate through the current situation. [This website has several resources to utilize.](#)

Link #5: [PBS Kids for Parents](#)

There are several links within this main site that parents may find helpful. A few examples are: [How You and Your Kids Can De-Stress During Coronavirus](#); [Schools Closed? How to Make a New Home Routine.](#)