

# NAVIGATING THE MENTAL WELLNESS OF YOUR CHILD & FAMILY

During these times of stress and uncertainty, we must not forget to take care of our mental wellness along with our physical health. Below you will find some resources to support you and your family members during this time of uncertainty.

## Check In

Are you checking in with your child and yourself about mental health?

- Talk with your child/children one-on-one
- Listen without judgment and ask questions
- Use some of the resources provided here to start the conversation

## Self Care Tips

Taking care of your self is just as important as taking care of your loved ones.

- Take breaks from following the news, including social media
- Take care of your body with exercise, healthy eating, meditation, and good sleep
- Make time to relax
- Connect with others and talk about your concerns and feelings

## Changes to Watch For

Not all children and teens respond to stress in the same way so here are some common changes to look for:

- Excessive crying or irritation in younger children
- Returning to behaviors they have outgrown (for example, toileting accidents or bedwetting)
- Excessive worry or sadness
- Unhealthy eating or sleeping habits
- Irritability and “acting out” behaviors in teens
- Poor school performance or avoiding school
- Difficulty with attention and concentration
- Avoidance of activities enjoyed in the past
- Unexplained headaches or body pain
- Use of alcohol, tobacco, or other drugs

## Next Steps

We encourage you to reach out, if applicable, for more support to your **school-based mental health professionals** or **community mental health supports** (see below).

- Contact your health insurance for a list of covered providers
- Check with your faith-based community for potential resources
- Talk with your employer to see if you have access to an Employee Assistance Program (EAP)

- Ask your child's primary care physician for referrals/ideas
- If your family does not have insurance, take a look at some more flexible alternatives such as NorthKey Community Mental Health Services.

Below are links to videos concerning how to help your children cope with stress and anxiety.

### **Helping Kids Manage Coronavirus Fears**

[https://www.youtube.com/watch?time\\_continue=253&v=IV\\_5qliG4NM&feature=emb\\_logo](https://www.youtube.com/watch?time_continue=253&v=IV_5qliG4NM&feature=emb_logo)

### **Helping students with OCD that is heightened due to Covid-19**

[https://www.youtube.com/watch?time\\_continue=37&v=7xZo4LZTWIQ&feature=emb\\_logo](https://www.youtube.com/watch?time_continue=37&v=7xZo4LZTWIQ&feature=emb_logo)

### **Navigate Life Changes due to Coronavirus**

[https://www.youtube.com/watch?time\\_continue=137&v=cGKRwE99fc4&feature=emb\\_logo](https://www.youtube.com/watch?time_continue=137&v=cGKRwE99fc4&feature=emb_logo)