

# Caring for the Emotional Well-Being of your Families During the COVID-19 Outbreak

Concern over this new virus can make families anxious. Here are a few tips from Cincinnati Children's Hospital: 1) Manage your own anxiety by limiting your exposure to the news; 2) Ask your child what they know in order to address misinformation; 3) Ask your child what they're worried about so that you can ease their anxiety directly; 4) Explain facts on a developmental level—be honest and revisit only if needed; 5) Explain what is being done at the community level; 6) Explain what your family is doing; 6) Reinforce kindness & tolerance.

## Community Mental Health Resources

|                                     |              |
|-------------------------------------|--------------|
| KVC Behavioral Health Kentucky      | 859-254-1035 |
| Mountain Comprehensive Care         | 859-368-8897 |
| New Vista (formerly Bluegrass.org)  | 859-233-0444 |
| The Ridge Behavioral Health Systems | 859-269-2325 |
| Sunrise Children's Services         | 859-455-8185 |

Beaumont Behavioral Health (161 Prosperous Place) 859-368-0609

Beaumont Behavioral Health (1030 Monarch Street) 859-296-3141

## Mental Health Crisis Resources

|                                     |              |
|-------------------------------------|--------------|
| The Ridge Behavioral Health Systems | 800-753-4673 |
| Samaritan Hospital                  | 859-226-7000 |

U of L Peace Hospital (formerly known as Our Lady of Peace) 859-313-3515

|                                    |              |
|------------------------------------|--------------|
| New Vista (formerly Bluegrass.org) | 800-928-8000 |
|------------------------------------|--------------|

## Crisis Hotlines

|   |                     |
|---|---------------------|
| National Domestic Violence Hotline          | 1-800-799-7233      |
| National Suicide Prevention Hotline         | 1-800-273-8500      |
| Suicide Crisis Textline                     | Text Help to 741741 |
| Trevor Project Crisis Line for LGBTQ+ Youth | 1-866-488-7386      |

## Other

|                                 |              |
|---------------------------------|--------------|
| Arbor Youth Services            | 859-254-2501 |
| Salvation Army Homeless Shelter | 859-252-7706 |

FCPS Mental Health Resource Page: <https://www.fcps.net/mental>

Mental Health Resource Library: <https://www.galesupport.com/district/fcps>

# Cuidando el bienestar emocional de sus familias durante el brote de COVID-19

*La preocupación por este nuevo virus puede causar ansiedad en las familias. Aquí hay algunos consejos del Hospital de Niños de Cincinnati: 1) Controle su propia ansiedad limitando su exposición a las noticias; 2) Pregúntele a su hijo qué sabe al respecto, en caso de que tenga una información errónea; 3) Pregúntele a su hijo qué le preocupa para que pueda aliviar su ansiedad directamente; 4) Explique los hechos a nivel de desarrollo: sea honesto y vuelva a platicarlo solo si es necesario; 5) Explique lo que se está haciendo a nivel comunitario; 6) Explíquele lo que está haciendo su familia; 6) Refuerce amabilidad y tolerancia.*

## **Recursos comunitarios de salud mental**

KVC Behavioral Health Kentucky 859-254-1035

Mountain Comprehensive Care 859-368-8897

New Vista (formerly Bluegrass.org) 859-233-0444

The Ridge Behavioral Health Systems 859-269-2325

Sunrise Children's Services 859-455-8185

Beaumont Behavioral Health (161 Prosperous Place) 859-368-0609

Beaumont Behavioral Health (1030 Monarch Street) 859-296-3141

## **Recursos de crisis de salud mental**

The Ridge Behavioral Health Systems 800-753-4673

Samaritan Hospital 859-226-7000

U of L Peace Hospital (formerly known as Our Lady of Peace) 859-313-3515

New Vista (formerly Bluegrass.org) 800-928-8000

## **Líneas directas de crisis**

National Domestic Violence Hotline 1-800-799-7233

National Suicide Prevention Hotline 1-800-273-8500

Suicide Crisis Textline Text Help to 741741

Trevor Project Crisis Line for LGBTQ+ Youth 1-866-488-7386

## **OTROS**

Arbor Youth Services 859-254-2501

Salvation Army Homeless Shelter 859-252-7706

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