

Finding Answers to Some Tough Questions...

About Kids...

What are some strategies for supporting learning at home? <https://childmind.org/remote-learning-resources-for-families/>

What are some key priorities I can set for my child this school year? <https://childmind.org/article/how-to-set-priorities-this-school-year/>

How can I talk to my kids about healthy hygiene and COVID-19? <https://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus?>

How can I help my child cope with changes resulting from COVID-19? <https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/helping-children-cope-with-changes-resulting-from-covid-19>

What can I do to help my child face the challenges of reopening? <https://childmind.org/article/helping-kids-face-the-challenges-of-reopening/>

How can I support my child's mental health as he/she returns to school during COVID-19? <https://www.unicef.org/coronavirus/supporting-your-childs-mental-health-during-covid-19-school-return>

What are some ways I can help my kids handle disappointment? <https://childmind.org/article/how-to-help-your-kids-handle-disappointment/>



Encontrando Respuestas Para Preguntas Díficil ...

Para Niños...

Que estrategias puedo usar para apoyar el aprendizaje en casa?

<https://childmind.org/estrategias-para-apoyar-el-aprendizaje-en-casa/>

Cómo puedo establecer prioridades este año escolar? [https://childmind.org/](https://childmind.org/article/como-establecer-prioridades-este-ano-escolar/)

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Cómo puedo ensalla a los niños a lavarse las manos? [https://www.cdc.gov/](https://www.cdc.gov/handwashing/esp/index.html)

[handwashing/esp/index.html](https://www.cdc.gov/handwashing/esp/index.html)

Cómo puedo ayudar a mis niños a enfrentar los retos de la reapertura?

<https://childmind.org/article/como-ayudar-a-los-ninos-a-enfrentar-los-retos-de-la-reapertura/>

Cómo puedo proteger la salud mental de mis hijos en su regreso a la escuela durante la COVID-19? [https://www.unicef.org/es/historias/proteger-salud-mental-hijos-](https://www.unicef.org/es/historias/proteger-salud-mental-hijos-regreso-escuela-durante-covid19)

[regreso-escuela-durante-covid19](https://www.unicef.org/es/historias/proteger-salud-mental-hijos-regreso-escuela-durante-covid19)

Cómo puedo ayudar a mis hijos a manejar la desilusión? [https://childmind.org/article/](https://childmind.org/article/como-ayudar-a-sus-hijos-a-manejar-la-desilusion/)

[como-ayudar-a-sus-hijos-a-manejar-la-desilusion/](https://childmind.org/article/como-ayudar-a-sus-hijos-a-manejar-la-desilusion/)



Finding Answers to Some Tough Questions...



About Teens...

How can I help my teen prep for school reopening?

<https://childmind.org/article/teenagers-and-reopening/>

What are some key priorities I can set for my teen this school year?

<https://childmind.org/article/how-to-set-priorities-this-school-year/>

What are some strategies for supporting learning at home? <https://childmind.org/remote-learning-resources-for-families/>

What are some tips for my teen on getting a good start in high school?

<https://childmind.org/article/tips-for-getting-a-good-start-in-high-school/>

What can I do about my teen's anxious stomach aches and headaches?

<https://childmind.org/article/anxious-stomach-aches-and-headaches/>

What signs or symptoms of mental health problems should I watch out for?

<https://27c2s3mdcxk2qzutg1z8oa91-wpengine.netdna-ssl.com/wp-content/uploads/WTI-tipsheet.pdf>

What are the signs of Psychosis in teens? <https://childmind.org/article/watching-for-signs-of-psychosis-in-teens/>

Encontrando Respuestas Para Preguntas Difícil ...



Para Adolescentes...

Cómo puedo establecer prioridades este año escolar? <https://childmind.org/article/como-establecer-prioridades-este-ano-escolar/>

Que estrategias puedo usar para apoyar el aprendizaje en casa? <https://childmind.org/estrategias-para-apoyar-el-aprendizaje-en-casa/>

Que consejos hay para comenzar la preparatoria (high school) con el pie derecho? <https://childmind.org/article/consejos-para-comenzar-la-preparatoria-high-school-con-el-pie-derecho/>

Que puedo hacer para la ansiedad y dolores de estómago y de cabeza de mis hijos? <https://childmind.org/article/la-ansiedad-y-los-dolores-de-estomago-y-de-cabeza/>

Cómo puedo estar pendientes de las señales de psicosis en los adolescents? <https://childmind.org/article/como-estar-pendientes-de-las-senales-de-psicosis-en-los-adolescentes/>



Finding Answers to Some
Tough Questions...

For All Ages...

What are some ways I can cope with stress during this pandemic? <https://store.samhsa.gov/sites/default/files/d7/priv/sma14-4885.pdf>

Are there any Hotline or Crisis numbers I can use if needed? **Yes.**

HOTLINES & EMERGENCY SERVICES (24/7)	PHONE NUMBER	
National Suicide Prevention Lifeline	1-800-273-8255	TTY: 800-799-799-4TTY (4889), then press 1
Nacional de Prevencion del Suicidio	1-888- 628-9454	TTY: 800-799-799-4TTY (4889), then press 1
National Crisis Text Line	Text "HOME" to 741741	
Trevor Gay & Lesbian Lifeline	1-800-273-4747	
Border Region Behavioral Health Crisis	1-800-643-1102	LMHA
COVID-19 Mental Health Support Line	1-833-986-1919	English and Spanish
Counseling Line (SAMSHA)	1-800-985-5990 or Text 66746 "TalkWithUs"	TTY: 1-800-847-8517 Text "TalkWithUs"
Lina de Consejeria (SAMSHA)	1-800-985-5990	or Text "Hablamos"
Support Line National Domestic Violence	1-800-799-SAFE (7233) Eng/ Spanish	TTY: 1-800-787-3224 or Text "LOVEIS" to 22522
Information and Referral Line	Call 2-1-1 English & Spanish	Locator for social support (food,housing,etc)