



ASSOCIATION FOR POSITIVE BEHAVIOR SUPPORT

# Mental Health During COVID-19

In these confusing and unpredictable times, we should follow NASP (National Association of School Psychologists) and NASN (National Association of School Nurses) guidelines to support children “without causing undue alarm.” Below we provide tips for coping and supporting your children, resources for talking to your child about the Coronavirus and hotlines for responding to crisis.

## KEY POINTS

1. Stay calm and positive.
2. Be open, honest and available for questions.
3. Limit television, radio and social media overexposure to news and adult worries.
4. Maintain a normal and predictable routine. Develop daily or weekly schedules and stay flexible.
5. Teach hand washing, hygiene, get exercise and model healthy practices.

## HOW TO TALK TO YOUR STUDENT ABOUT THE CORONAVIRUS

- The Substance Abuse and Mental Health Services Administration (SAMHSA)handout: [https://store.samhsa.gov/system/files/pep20-01-01-006\\_508\\_0.pdf](https://store.samhsa.gov/system/files/pep20-01-01-006_508_0.pdf)
- The National Association of School Psychologists and the National Association of School Nurses handout about Coronoavirus: [https://www.acsd1.org/acsd/wp-content/uploads/2017/08/02292020\\_NASP\\_NASN\\_COVID-19\\_parent\\_handout.pdf](https://www.acsd1.org/acsd/wp-content/uploads/2017/08/02292020_NASP_NASN_COVID-19_parent_handout.pdf)

## HOTLINES

During this time of the COVID-19 outbreak, we are focused on staying healthy and preventing the spread of the virus, but we also recognize the need to take care of our mental health. If you or your child need someone to talk to; help is only a phone call or text away.

***Crisis Text Line: Text HOME to 741741***

***Teen line: 310-855-4673 or Text TEEN to 839863***

***Boys Town National Hotline: 800-448-3000***

***The National Suicide Prevention Lifeline 800 273-TALK (8255) OR text TALK to 741741***

***The Trevor Project 866-488-7346***