

Child & Family Resources for COVID-19

The Disaster Mental Health Institute at the University of South Dakota has been providing services and training in disaster in mental health for over 25 years. The following resources may be valuable for educators, administrators, and others working with children and families during this time.

CDC Guidance for School and Child-Care Administrators:

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/guidance-for-schools.html>

CDC Guidance for Talking to Children About COVID-19:

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/talking-with-children.html>

CDC Guidance for Making a Household Plan for COVID-19

https://www.cdc.gov/coronavirus/2019-ncov/prepare/get-your-household-ready-for-COVID-19.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fcommunity%2Fhome%2Fget-your-household-ready-for-COVID-19.html

National Child Traumatic Stress Network Parent/Caregiver Guide to Helping Families Cope with Coronavirus Disease 2019

<https://www.nctsn.org/resources/parent-caregiver-guide-to-helping-families-cope-with-the-coronavirus-disease-2019>

SAMHSA Guidance on Social Distancing, Quarantine, & Isolation During an Infectious Disease Outbreak:

<https://www.samhsa.gov/sites/default/files/tips-social-distancing-quarantine-isolation-031620.pdf>

World Health Organization Advice for the Public:

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>

PBS 10 Tips for Talking with Children about COVID-19:

<https://www.pbs.org/newshour/health/10-tips-for-talking-about-covid-19-with-your-kids>

DMHI

DISASTER MENTAL HEALTH INSTITUTE

Founded in 1993

CNN Reporter Kate Bouldan “What I’m telling my kids about COVID-19”:

<https://www.cnn.com/2020/03/16/opinions/telling-my-kids-about-coronavirus-bolduan/index.html>

Tips for Families: <https://www.allprodad.com/10-tips-to-better-family-time/>

How to Stay Connected: <http://theconversation.com/social-distancing-can-make-you-lonely-heres-how-to-stay-connected-when-youre-in-lockdown-133693>

Mental Distancing (from thinking about COVID-19):

<https://www.forbes.com/sites/tracybrower/2020/03/17/stressed-because-of-the-coronavirus-why-you-need-mental-distancing-as-much-as-social-distancing-and-8-ways-to-get-it/#7ff3733ddbbe>

SAMHSA Disaster Distress Helpline: The Disaster Distress Helpline, **1-800-985-5990**, is a 24/7, 365-day-a-year, national hotline dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster. This toll-free, multilingual, and confidential crisis support service is available to all residents in the United States and its territories. Stress, anxiety, and other depression-like symptoms are common reactions after a disaster. Call **1-800-985-5990** or text **TalkWithUs to 66746** to connect with a trained crisis counselor. <https://www.samhsa.gov/find-help/disaster-distress-helpline>

National Suicide Prevention Lifeline: We can all help prevent suicide. The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals. **1-800-273-8255**
<https://suicidepreventionlifeline.org/>