

Emotional Support

1. ["That Discomfort You're Feeling is Grief"](#)

An online article to help clients manage their experience during the COVID-19 outbreak and the stay-at-home order. The author names an experience that many are having now, both personal and collective grief. He also speaks about anticipatory grief. Hope you find it helpful!

2. [Coping strategies during COVID-19 and resources for parents.](#)

Online article in English and Spanish by the Child Mind Institute.

3. COVID-19 Tips for parents: [Youtube Video in English](#)

Dr. Stroud has provided this informational video for parents in order to support caregivers in managing the emotional responses and developmental needs of their children during this crisis. Dr. Stroud provides parents with information and skills to support their children's emotional health, mental wellbeing, and build necessary skills of resilience.

4. **WARM LINE for non-emergency mental health call**

To talk to a Warm Line counselor, people can call or text (855) 845-7415 from 7 a.m. to 11 p.m. Monday through Friday, Saturdays from 7 a.m. to 3 p.m. and Sundays from 7 a.m. to 9 p.m.

GRATIS LINEA DE APOYO SALUD MENTAL Para hablar y desahogarse, la línea **WARM LINE** es confidencial y anónima, para cuando no es emergencia: se llama o textea al (855) 845-7415 lunes a viernes 7 am a 11 pm, Sabados 7 am a 3 pm, y Domingos 7 am a 9 pm

5. Stress-management resources

Online resources by Common Sense Media - good but not all free.

- When everything feels overwhelming, check out [tips for taking in rapidly changing news](#). (online article in English and Spanish)
- De-stress together with [meditation apps for kids and families](#).
- Get the blood flowing and elevate the mood with these [25 dance games](#) (you might need to buy a special control from Amazon).
- [Apps, websites, and video games](#) that inspire running, jumping, and more to stay active.
- Don't forget to enjoy a [device-free dinner](#) or two. (free)

In moments of Crisis:

1. National DV hotline:

For some families that have struggled or are currently struggling with DV, instances could become more frequent in the coming weeks with added stress.

<https://www.thehotline.org/help/>

2. Crisis text line:

This can be used for families who need Crisis support after hours.

<https://www.crisistextline.org/>

3. LINEAS DE CRISIS:

Atienden en Ingles y Español. (crisis es intentar dañarse a si mismo u a otros)

§ **National Suicide Prevention Hotline:** 1 800-273-TALK (8255)

§ **California Youth Crisis Line (call or text):** 1 800-843-5200

§ **The Crisis Text Line:** text HOME to 877-870-4673

JFCS Bay Area Critical Help Line at 415-449-3700.

Tips for supporting youth mental health from the CDC

Not all children respond to stress in the same way. Some common changes to watch for in children:

- Excessive crying and irritation
- Returning to behaviors they have outgrown (e.g., toileting accidents or bedwetting)
- Excessive worry or sadness
- Unhealthy eating or sleeping habits
- Irritability and “acting out” behaviors
- 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

There are many things you can do to support your child:

- Take time to talk with your child about the COVID-19 outbreak. Answer questions and share facts about COVID-19 in a way that your child can understand.
- Reassure your child that they are safe. Let them know it is ok if they feel upset. Share with them how you deal with your own stress so that they can learn how to cope from you.
- Limit your child’s exposure to media coverage of the event. Children may misinterpret what they hear and can be frightened about something they do not understand.
- Help your child to have a sense of structure. Once it is safe to return to school or child care, help them return to their regular activity.
- Be a role model; take breaks, get plenty of sleep, exercise, and eat well. Connect with your friends and family members and rely on your social support system.

Consejos para apoyar la salud mental de los jóvenes de los CDC

No todos los niños responden al estrés de la misma manera. Algunos cambios comunes a tener en cuenta en los niños:

- Llanto excesivo e irritación
- Volviendo a los comportamientos que han superado (por ejemplo, accidentes de uso del baño o enuresis)
- Excesiva preocupación o tristeza
- Hábitos poco saludables de comer o dormir
- Irritabilidad y comportamientos de 'actuación'
- Bajo rendimiento escolar o evitar la escuela
- Dificultad con atención y concentración.
- Evitar actividades disfrutadas en el pasado.
- Dolores de cabeza inexplicables o dolor corporal.
- Uso de alcohol, tabaco u otras drogas.

Hay muchas cosas que puede hacer para apoyar a su hijo:

- Tómese el tiempo para hablar con su hijo sobre el brote de COVID-19. Responda preguntas y comparta datos sobre COVID-19 de una manera que su hijo pueda entender.
- Asegúrele a su hijo que está a salvo. Hágales saber si está bien si se sienten molestos. Comparta con ellos cómo lidia con su propio estrés para que puedan aprender cómo lidiar con usted.
- Limite la exposición de su hijo a la cobertura mediática del evento. Los niños pueden malinterpretar lo que escuchan y pueden asustarse por algo que no entienden.
- Ayude a su hijo a tener un sentido de estructura. Una vez que sea seguro regresar a la escuela o al cuidado de niños, ayúdelos a regresar a sus actividades regulares.
- Sea un ejemplo a seguir; tomar descansos, dormir lo suficiente, hacer ejercicio y comer bien. Conéctese con sus amigos y familiares y confíe en su sistema de apoyo social.