

Social Emotional and Mental Health Resources for Families

Talking to Your Children about COVID-19

- [Fred Rogers Center - Talking to Young Children about the Coronavirus](#)
- CDC: [Talking to young children about coronavirus](#)
- PBS: [How to Talk to Your Kids About Coronavirus](#) (with PBS Kids Videos and shows that discuss handwashing)
- [NASP](#): Talking to children about COVID-19
- The Child Mind Institute: <https://childmind.org/article/talking-to-kids-about-the-coronavirus/>
- What would you do think sheets: <https://drive.google.com/file/d/1f2-CC2TEbnS1bXSHoElwcdBDAiYvdfO/view>

PATHS (PK-6):

My feelings journal Give your student a copy of the [My Feelings Journal](#) and have them record how they're feeling each day while they are learning at home. By keeping a record of their emotions, it may help students better understand and process how they feel.

Manage stress workbook (6-12):

This workbook is for your student to use as they reflect and work through their stress; 6-12th grade
https://drive.google.com/file/d/1PSZII0xkbG544VQnOqxRbEb_xwMky2vS/view;

Free apps for regulation and deep breathing:

All students can use to practice regulation and deep breathing
<https://www.youtube.com/watch?v=rkFI2RxyzSA&feature=youtu.be>;

Three free apps:

1. Gravitarium
2. Antistress
3. Stop, Breathe & Think

Sensory Input and Exercise:

Animal walks: <https://lemonlimeadventures.com/animal-walks-sensory-diet/> (sensory input and exercise)

Virtual Tours/Free Museums

- [Cincinnati Zoo](#) - plans to live stream several animals and exhibits starting March 16, every week day at 3 p.m.
- [Lunch Doodles with Mo Willems](#) - Mo Willems invites YOU into his studio every day for his LUNCH DOODLE. Learners worldwide can draw, doodle and explore new ways of writing by visiting Mo's studio virtually once a day for the next few weeks. New episodes will be posted each weekday at 1:00 p.m. ET and then remain online to be streamed afterwards.

Mental Health Resources

American Foundation for Suicide Prevention Toolkit (Everyone)

IDOE supports AFSP's encouragement of everyone to engage in an open, honest dialogue with their friends and loved ones, to demonstrate compassion and kindness, and to practice self-care by exercising, meditating, and consuming the news in measured doses. And, reach out to those who may be isolated and need the extra support. These seemingly small actions can save lives and positively change our collective culture surrounding mental health for the long-term. Click on the link to open the toolkit:

<https://afsp.org/campaigns/covid-19/?fbclid=IwAR0h8vkJqg87j-ijFae0bBY3EAmecZrcPbBzz1IXCMuUTmRPvC632Lkik7s>

Seize the Awkward (Middle/High School Students)

Provides students and adults with advice on how to seize the awkward moment and ask a friend or stranger if they are okay.

www.seizetheawkward.org

A toolkit is available.

Indiana Suicide Prevention Coalitions

There are more than 20 regionally based coalitions across the state that can provide resources to local LEAS, parents and students. You can find the contact information for each here

<https://www.doe.in.gov/sites/default/files/sebw/2019-20statewide-map-coalitions.pdf>

Resiliency/Grit

A well-regarded protective factor that is critical in a crisis is resilience. An online resource that provides materials for both adults and children in various formats can be found at this link:

<https://www.edutopia.org/resilience-grit-resources>

Hotlines

National Suicide Prevention Lifeline – 1-800-273-8255

Crisis Text Line – Text “TN” to 741741

Where is my Community Mental Health Center?

IDOE recommends utilizing the mental health services locator map that was provided by the Indiana Division of Mental Health and Addictions. <https://www.in.gov/issp/2422.htm>

I need contact information for Community Mental Health Centers and State Hospitals, where can I find this?

You will find all contact info for each of the state operated facilities and community mental health centers at this link.

https://www.in.gov/fssa/dmha/files/DMHA_SOFs_and_CMHCs.pdf

Each community mental health center has an assigned county to serve. In some cases, there are more than one community mental health service in a single county.