TAKING CARE OF YOURSELF DURING COVID-19

Resources for Children & Families

Substance Abuse & Mental Health Services Administration "Taking Care of Your Behavioral Health"
National Institute of Mental Health "Helping Children and Adolescents Cope with Disasters and Other Traumatic Events"
Safe Kids Inc. "5 Ways to Discuss Coronavirus with Kids"
National Child Traumatic Stress Network (NCTSN) "Parent/Caregiver Guide to Helping Families Cope with the Coronavirus 2019"

"Coronavirus 2019: Helping My Child Cope" (English and Spanish)
Parent Resources
Mental Health America "Mental Health and COVID-19: Information and Resources"
National Alliance on Mental Illness (NAMI)

Centers for Disease Control and Prevention (CDC) Coronavirus 2019 "Stress and Coping"
Coronavirus Info for Kids MiniZine (English and Spanish)
World Health Organization (WHO) "Six Tips for Healthy Parenting"

HealthyChildren.org

For more information, visit kdheks.gov/coronavirus