

Emotional Support Resources for Students and Parents-

We want to make sure our students have their fears acknowledged. ... We know we need to focus on their mental health along with their physical health.

Crisis Text Line

This resource offers 24/7 crisis counseling to those who **text HOME to 741741**.

Talking to Children about COVID-19 (Coronavirus): A Parent Resource — National Association of School Psychologists-

www.nasponline.org

This site offers guidance for talking to young people about the coronavirus in a way that is factual and anxiety-reducing.

COVID-19 (Coronavirus) Information and Resources — National Alliance on Mental Illness

www.nami.org

This thorough resource includes tips for how to deal with anxiety caused by COVID-19 news and special considerations for people experiencing homelessness, people with vulnerable family members and people who feel isolated.

Care for Your Coronavirus

www.virusanxiety.com

A website with resources for addressing anxiety that educators may be feeling, including that induced by xenophobia, financial fears, isolation and more. It also includes a special portal for parents.

Parent/Caregiver Guide to Helping Families Cope With the Coronavirus Disease 2019 — The National Child Traumatic

www.nctsn.org

This printable resource, available in several languages, includes information for families and caregivers that educators can use and share. Particularly helpful is the section outlining common reactions to stress and recommendations for supporting children that are broken down by age group.