Resources for Talking with Children and Youth about Coronavirus

The coronavirus has been upsetting to everyone. Our usual coping mechanisms of coming together in times of stress are now being discouraged and we are forced us to keep our distance from each other. For families caring for a child, youth or young adult with mental health needs changes in schedules, not seeing friends and worry about the possibility of getting sick may heighten anxiety. FREDLA has compiled resources to help families support their children in through this difficult time.

Child Mind Institute
- **Supporting Kids During the COVID-19 Crisis:** Tips for nurturing and protecting children at home
  https://childmind.org/article/supporting-kids-during-the-covid-19-crisis
- **How to Avoid Passing Anxiety on to Your Kids**
  https://childmind.org/article/how-to-avoid-passing-anxiety-on-to-your-kids/

Humanity Crew
- **Video Talking to Kids About the Coronavirus**
  https://www.facebook.com/HumanityCrew/videos/201670141106110/

Child Traumatic Stress Network
- **Parent Caregiver Guide to Helping Families Cope with the Coronavirus**
  https://www.nctsn.org/resources/parent-caregiver-guide-to-helping-families-cope-with-the-coronavirus-disease-2019-ch
- **Guía de ayuda para padres y cuidadores para ayudar a las familias a enfrentar la enfermedad Coronavirus 2019 (COVID-19)**
  https://www.nctsn.org/resources/parent-caregiver-guide-to-helping-families-cope-with-the-coronavirus-disease-2019-sp

Mental Health America
- **Mental Health and COVID-19 – Information and Resources**
  https://mhanational.org/covid19

SAMHSA
- **Tips For Social Distancing, Quarantine, And Isolation During An Infectious Disease Outbreak**
  https://www.samhsa.gov/sites/default/files/tips-social-distancing-quarantine-isolation-031620.pdf