



RESOURCES



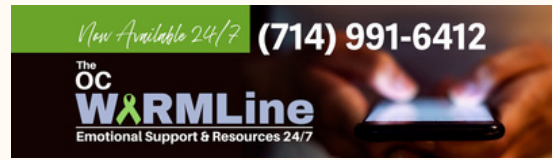
for promoting mental health during COVID-19

Website:

NAMI Orange County

The National Alliance on Mental Illness is a great resource for additional mental health support, and resource referrals to support individuals with mental health conditions and their families. The link below includes simple and quick ways to practice self-care while in quarantine. These activities can be done alone or as a family!

NAMI Self-Care During Quarantine: <https://www.namio.org/support-during-the-quarantine>



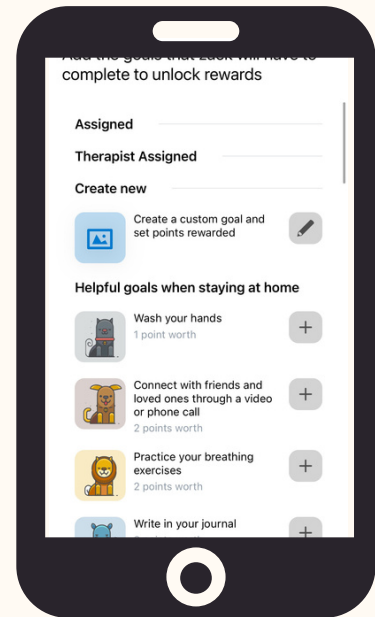
Free and confidential text/chat available **24/7** to provide support and resources
Text/Chat: **(714) 991-6412**

App:



Manatee & Me

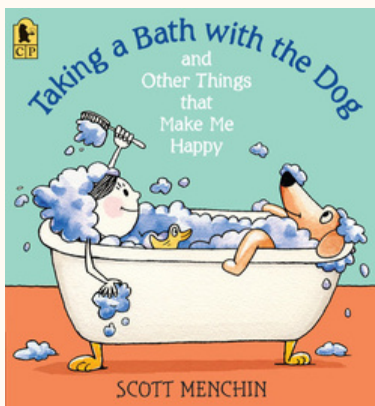
An app for parents to monitor and facilitate their child's mental health development. The app is designed so each child has their own profile, monitored by the parent, that has space for the child to progress in their treatment. The app has assigned goals, both from parents and a therapist, with a rewards system for when the child accomplishes their set goals. The app also has daily tips and advice for parents to further their development on how best to meet their child's mental health needs.



Book:

Taking a Bath With the Dog and Other Things That Make Me Happy

by: Scott Menchin



A fun way to spark a conversation about emotions with kiddos! Talk about what makes them happy, and how different things make different people feel happy. Let them know that like the main character, Sweet Pea, it's okay to feel sad sometimes. Write a list of things with your little one that make them feel happy and sad, and talk about how those emotions come up even more during a tough time like COVID.

Click on the image for a read-aloud of the book!