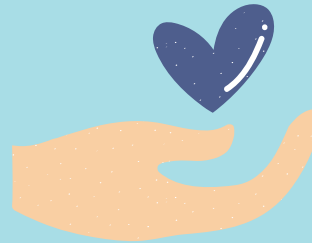


# Mental Health Resources for Parents for Remote Learning

“Published reports have suggested that COVID-19 pandemic has had a negative impact on children’s mental health” (Leeb et al., 2020).

COVID-19 has had a negative impact in the following ways including and not limited to (CDC, 2020):

- Changes in routine
- Breaks in continuity of learning
- Loss of security and safety
- Missing significant life events



There has been a notable rise in children’s mental health-related Emotional Disturbance (ED) pediatric visits since April 2020. The rate of children’s mental health-related ED visits have increased and remained elevated through October. When compared to the 2019 statistics around mental-health related visits children aged 5-11 and 12-17 years have increased approximately 24% and 31%, respectively (Leeb et al., 2020)



## *Important Hotlines*

- Local Emergency Services: **911**
- Orange County Crisis Assessment Team (if you believe you are at risk of hurting yourself or others): **(866) 830-6011**
- Crisis Text Line: Text HOME to **741741** to connect with a crisis counselor
- National Suicide Prevention Hotline: **(800) 273-TALK (8255)**
- Disaster Distress Helpline (Substance Abuse and Mental Health Services Administration): **(800)-985-5990**
- Sexual Assault: **(800) 656-HOPE (4673)**
- National Runaway Switchboard: **(800) RUNAWAY (786-2929)**
- National Human Trafficking Hotline: **(888) 373-7888**
- TREVOR Lifeline (LGBTQ focus): **(866) 488-7386**



## Virtual Calming Resources

The following are a list of virtual calming resources for your child to use to cope with stress and practice mindfulness during COVID-19:

### Practicing Gratitude Video

[https://www.youtube.com/watch?v=kqbHs4dNw1s&feature=emb\\_title](https://www.youtube.com/watch?v=kqbHs4dNw1s&feature=emb_title)

### Long Beach Aquarium Coral Reef Cam

[https://www.aquariumofpacific.org/exhibits/webcams/webcam\\_tropical\\_reef](https://www.aquariumofpacific.org/exhibits/webcams/webcam_tropical_reef)

### The Calm App for Meditation and Sleep

<https://www.calm.com/blog/about>

### Kids Meditation Videos

[https://www.youtube.com/playlist?list=PLZnnWZRQ21N5\\_bgzO7r5hUxQG6b36bNNE9](https://www.youtube.com/playlist?list=PLZnnWZRQ21N5_bgzO7r5hUxQG6b36bNNE9)

### Teen Meditation Videos

<http://mindfulnessforteens.com/guided-meditations/>

### Art Activities

<http://toytheater.com/category/art/>

## Modeling and Promoting Emotional Wellbeing

Here are some suggestions on how to build positive social emotional development and behaviors during distance learning.:

- Create/model a consistent routine for your child and follow through with it.
- Set home expectations by teaching and communicating with your child.
- Take breaks from technology through stretching, exercising or going on walks with your child.
- Model healthy behaviors for your child and teach your child how to cope with stresses.
- Encourage your child to practice gratitude (e.g., a gratitude journal, or jar)
- Help children see emotion in others and maintain connections with family/friends though options like Zoom

