

## SOCIAL EMOTIONAL RESOURCES FOR FAMILIES

Protect Your Child's Mental Wellness During the COVID-19 Pandemic

<https://health.usnews.com/wellness/for-parents/articles/protect-your-familys-mental-health-during-the-covid-19-pandemic>

Confident Parents, Confident Kids

<https://confidentparentsconfidentkids.org/>

Tools and Strategies to Support Mental Wellness During this Uncertain Time (Strategies/Mental Moments)

<https://www.effectiveschoolsolutions.com/covid19>

Helping Children Cope with Changes Resulting from COVID-19

<https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safetyand-crisis/health-crisis-resources/helping-children-cope-with-changes-resulting-from-covid-19>

Take a Break, Keep Perspective, Be Kind in Uncertain Times

<https://www.mindfulschools.org/personal-practice/take-a-break-keep-perspective-be-kind-in-uncertain-times/>

Care for Caregivers: Tips for Families and Educators

<https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safetyand-crisis/mental-health-resources/care-for-caregivers-tips-for-families-and-educators>

Managing Anxiety in an Anxiety Provoking Situation (English)

<https://omh.ny.gov/omhweb/guidance/covid-19-managing-stress-anxiety.pdf>

Calm and Take a Deep Breath Meditation

[https://www.calm.com/blog/take-a-deepbreath?utm\\_source=lifecycle&utm\\_medium=email&utm\\_campaign=difficult\\_times\\_subs\\_031720](https://www.calm.com/blog/take-a-deepbreath?utm_source=lifecycle&utm_medium=email&utm_campaign=difficult_times_subs_031720)

Resource for Parents During Coronavirus <https://nyssswa.org/resources-for-parents-during-coronavirus/>

Contact Numbers for Support

- **OMH Emotional Support Hotline: 1-844-863-9314:** provides free and confidential support, helping callers experiencing increased anxiety due to the coronavirus emergency. The Help Line is staffed by volunteers, including mental health professionals, who have received training in crisis counseling.
- **Crisis Text Line: Text GOT5 to 741741:** an anonymous texting service available 24/7