
For a more up to date list of resources, visit

<https://kognito.com/articles/mental-health-resources-for-schools-responding-to-covid-19>

Mental Health Resources for Schools Responding to COVID-19

Communities around the country are adjusting to the evolving impact of coronavirus (COVID-19). As school districts transition to remote learning, we know you're working hard to do what's best for your educators, staff, students, and parents. We're thankful for your commitment to them, and have gathered resources to help you as you make plans that serve the social, emotional, and educational needs of your school community.

Distance Learning Resources

[How California schools are using television and internet to teach students remotely](#) (EdSource article)

[10 Tips for Converting to Distance Learning](#) (from education consultant Tom Mullaney)

[How to support student success in online learning](#) (Getting Smart article)

[Time management tips for online students](#) (U.S. News)

Supporting Students' Mental Health During School Closures

[Friend2Friend](#): Kognito's game-based simulation for adolescents that builds awareness, knowledge, and skills about mental health while reducing stigma.

[How Peers Can Help With Teen Mental Health](#) (Children's Health Council)

[How teachers can talk to children about coronavirus disease](#) (UNICEF)

[Coping and Staying Emotionally Well During COVID-19-Related School Closures](#) (Active Minds)

Resources for Parents

[COVID19 Guide for Parents & Caregivers](#), which includes ways to help children cope broken down by age group (National Child Traumatic Stress Network)

[Recognizing warning signs of psychological distress in adults and children](#) (NAMI)

[Calm Parents, Healthy Kids](#): Free access to Kognito's interactive role-play simulation that builds the skills of parents to be responsive to their young child in a calm and loving way

[Talking to Children About COVID-19](#) (NASP)

[Messages for parents, school staff, and others talking with children about COVID-19](#) (CDC)

[Just for Kids: A Comic Exploring The New Coronavirus](#) (NPR)

[How to Talk to Kids About Coronavirus](#) (NY Times)

Self-Care Tips for Caregivers

[Steps you can take to prevent panic and be prepared](#)(UCSF)

[Self-care for the caregiver](#)(Harvard Health blog)

[Managing stress and anxiety related to COVID-19](#)(CDC)

[Toolkit for Caring for Coronavirus Anxiety](#)(Shine)

National Resources

[Suicide Prevention Lifeline](#) 1-800-273-TALK

[The Trevor Lifeline for LGBTQ Youth](#) 1-866-488-7386

[Crisis Text Line](#) Text "START" to 741-741