

FAMILY AND COMMUNITY ENGAGEMENT

Resources to Minimize Stress during COVID-19



Helping Families Manage Stress through the Coronavirus Crisis



Take a break



Practice breathing exercises



Stay active



SCS COVID-19 Information and Resources
<https://www.scsk12.org/coronavirusfacts/>

TN Dept of Education
[https://www.tn.gov/content/dam/tn/education/health-&-safety/School%20Closure%20Toolkit%20-%20Families%20\(Published\).pdf](https://www.tn.gov/content/dam/tn/education/health-&-safety/School%20Closure%20Toolkit%20-%20Families%20(Published).pdf)

Center for Disease Control Tips for Children

Mental Health Parent Resources

Youth Villages Mobile Crisis Services for Children and Youth: (866) 791-9226 (Memphis Region)

Statewide Crisis Line: 855-CRISIS-1(855-274-7471) If you are experiencing a mental health or psychiatric emergency

TN REDLINE: 800-889-9789 If you need a referral to substance use disorder treatment or other resources, call or text

TDMHSAS Office of Consumers Affairs
Helpline: 800-560-5767 If you have issues accessing mental health or substance abuse services and it is not an emergency need

SAMHSA's National Helpline: 1-800-662-HELP (4357) free, confidential, treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders.

Talk With Your Child: Answer questions and share facts about COVID-19 in a way that your child or teen can understand.

Reassure Your Child: Let them know that they are safe and it is ok if they feel upset. Share with them how you deal with your own stress so that they can learn how to cope from you.

Limit Screen Time: Limit your family's exposure to news coverage of the event, including social media. Children may misinterpret what they hear and can be frightened about something they do not understand.

Keep Regular Routines: If schools are closed, create a schedule for learning activities and relaxing or fun activities.

Be a Role Model: Take breaks, get plenty of sleep, exercise, and eat well. Connect with your friends and family members.

If symptoms of stress become overwhelming for your family

Call your healthcare provider or The Crisis Hotline by texting HOME to 741741



For the most up-to-date COVID-19 information visit: <https://www.cdc.gov>