

COVID-19 Mental Health Resources for Families

We understand that the district closure may cause many questions, confusion, and some anxiety. Here are some resources to help parents support their student's mental health at home during our closure.

Elementary Students

- [What Is Coronavirus?](#)
- [What Is Coronavirus? - Spanish](#)
- [Common Sense Media Resources for Families](#)
- [My Grounding Strategies](#)
- [Supporting Families During COVID-19](#)
- [Talking To Kids About the Coronavirus](#)
- [NASP and NASN Parent Resource](#)
- [How to Cope With an Anxious Child](#)

Secondary Students

- [How To Talk To Your Anxious Teen About Coronavirus](#)
- [Coping With Stress During Infectious Disease Outbreaks](#)
- [Stress and Coping](#)
- [Taking Care of Your Emotional Health](#)
- [National Alliance on Mental Health \(NAMI\)](#)
- [Protect Your Families Mental Health During the COVID-19 Pandemic](#)
- [COVID-19 Lockdown Guide](#)
- [5 Ways to Help Teens Manage Anxiety About the Coronavirus](#)