

RESOURCES FOR PARENTS & GUARDIANS

Mental Health and Coping During COVID-19 from the CDC:

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>

Talking with Children about the Coronavirus from the Center for Disease Control:

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/talking-with-children.html>

Coping with Stress During Infectious Disease Outbreaks from SAMHSA:

<https://store.samhsa.gov/system/files/sm14-4885.pdf>

Mental Health and Safety Tips. Video from the Ohio Department of Mental Health and Addiction Services:

https://www.youtube.com/watch?v=wTmJac_eTf8&feature=youtu.be

Know! To Reassure and Support Children During the Covid-19 Crisis:

<https://myemail.constantcontact.com/Know--To-Reassure-and-Support-Children-During-the-COVID-19-Crisis.html?soid=1127550618624&aid=BCb9TTTNpXc>

