



**BOYS & GIRLS CLUBS
OF AMERICA**

Emotional Wellness Resources for Parents and Caregivers

BACK-TO-CLUB

Need practical tips for helping your family manage the stress and emotional strain caused or made worse by the rapidly changing situation with the COVID-19 outbreak? We've created this list of resources to help you take care of your and your children's mental health.

Title	Description	Type	Language	Where to Find It
Parent/Caregiver Guide to Helping Families Cope with the Coronavirus Disease 2019 (COVID-19)	Provides information about infectious disease outbreaks, how to reduce stress and help calm likely anxieties, and what to do to help family members cope	Downloadable, printable fact sheet (5 pages)	English Spanish Chinese	www.nctsn.org/sites/default/files/resources/fact-sheet/outbreak_factsheet_1.pdf www.nctsn.org/sites/default/files/resources/fact-sheet/parent_caregiver_guide_to_helping_families_cope_with_the_coronavirus_disease_2019-sp.pdf www.nctsn.org/sites/default/files/resources/fact-sheet/parent_caregiver_guide_to_helping_families_cope_with_the_coronavirus_disease_2019_ch.pdf
Taking Care of Your Behavioral Health: Tips for Social Distancing, Quarantine, and Isolation During an Infectious Disease Outbreak	Focuses on potential emotional reactions and mental health concerns and self-care tips	Downloadable, printable guide (4 pages)	English Spanish	www.samhsa.gov/sites/default/files/tips-social-distancing-quarantine-isolation-031620.pdf https://store.samhsa.gov/product/Taking-Care-of-Your-Behavioral-Health-Tips-for-Social-Distancing-Quarantine-and-Isolation-During-an-Infectious-Disease-Outbreak-Spanish-Version-/SMA14-4894SPANISH?referer=from_search_result
Stress and Coping: Parents	Lists behavior changes to watch for in youth and suggests ways to support them	Webpage (click on "Parents")	English Spanish Chinese Korean Vietnamese	www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html
Trauma and Your Family	Defines traumatic stress and describes how common it is, how it can impact a family, and things a family can do to cope with traumatic stress	Downloadable, printable fact sheet (3 pages)	English	www.nctsn.org/sites/default/files/resources/trauma_and_your_family.pdf



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Mental Health and Teens: Watch for Danger Signs	Provides tips for communication, identifies red flags to watch for, explains potential mental health issues and when and how to get help	Online article	English Spanish (also can listen to an audio recording in English or Spanish)	www.healthychildren.org/English/ages-stages/teen/Pages/Mental-Health-and-Teens-Watch-for-Danger-Signs.aspx
About Childhood Grief	Offers suggestions about how to demonstrate understanding and compassion to a grieving child based on research and practice among children's grief support professionals and volunteers	Online article	English	https://childrengrieve.org/resources/about-childhood-grief
Disaster Distress Helpline	Provides 24/7 crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters, including infectious disease outbreaks	Phone line or texting service	Multiple languages	1-800-985-5990 (press 2 for Spanish) Text TalkWithUs (or Hablanos for Spanish) to 66746 (50 states) Text Hablanos to 1-787-339-2663 (Puerto Rico) www.samhsa.gov/find-help/disaster-distress-helpline