



COVID-19 Mental Health Support Resources

**Compiled by the Idaho State Department of Education in collaboration with WestEd.*

During this challenging time for our school communities, the State Department of Education's Office of Student Engagement & Safety Coordination has provided the below resources to help support the emotional wellbeing and mental health of our school communities. If you have any questions regarding these resources, please contact Dr. Eric Studebaker at (208) 404-1532 or estudebaker@sde.idaho.gov.

LOCAL CRISIS SUPPORT CONTACTS

[Crisis Centers for Substance Use Disorder and Mental Health Services](#)

We provide an emergency substance use disorder and mental health services for adults 18 and older. All services are provided without charges to patients in need. Referrals and connections are made to appropriate community resources.

Idaho COVID-19 Hotline: call 888-330-3010

Idaho Suicide Prevention Hotline: call 211 or 208-398-4357

OPTUM Idaho member crisis line: 855-202-0973

RESOURCES FOR SCHOOL LEADERS

[Responding to COVID-19: Brief Action Steps for School Crisis Response Teams](#)

National Association of School Psychologists

This resource provide guidance for school leaders and crisis response teams and includes information about continuity of services and recovery planning.

[Care for the Caregiver: Guidelines for Administrators and Crisis Teams](#)

National Association of School Psychologists (NASP)

This resource details risks and stressors for school staff, warning signs of burnout, administrative strategies to support staff, and self-care strategies.

[Psychological First Aid for Schools \(PFA-S\) Provider Care](#)

National Child Traumatic Stress Network (NCTSN)

This three-page tip sheet provides a succinct overview of common and extreme stress reactions, helpful procedures to minimize distress, and a self-care worksheet and tips.

MENTAL HEALTH RESOURCES TO SHARE WITH STAFF AND/OR FAMILIES

[SAMHSA's Disaster Distress Helpline](#)

Call 1-800-985-5990 or text TalkWithUs to 66746

The toll-free, multilingual helpline provides 24/7 crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters.



[Taking Care of Your Mental Health in the Face of Uncertainty](#)

American Foundation for Suicide Prevention

As the COVID-19 outbreak continues to evolve, the uncertainty can make it hard to cope. This resource includes five things adults can do to take care of their own mental health.

[Manage Anxiety and Stress](#)

CDC

This information provides guidance on how to deal with the stress and anxiety caused by the COVID-19 outbreak and includes tips for parents, responders, and people who have been released from quarantine.

[Care for Caregivers: Tips for Families and Educators](#)

National Association of School Psychologists (NASP)

Caregivers must take good care of themselves so they are able to take good care of the children in their charge. This resource is a succinct list of considerations for caregivers to prevent burnout, including healthy habits.

[When Terrible Things Happen: For Adults](#)

National Child Traumatic Stress Network (NCTSN)

This three-page tip sheet from the Psychological First Aid for Schools Field Operations Guide lists immediate and continuing reactions to an emergency, including potential positive changes in worldview. It also includes a checklist of coping strategies that do and do not help.

RESOURCES TO SHARE WITH PARENTS, GUARDIANS, AND CAREGIVERS

[Parent/Caregiver Guide to Helping Families Cope With the Coronavirus Disease 2019 \(COVID-19\)](#)

National Child Traumatic Stress Network

This resource will help parents and caregivers think about how the COVID-19 outbreak might affect their family— both physically and emotionally—and what they can do to help their family cope. Available in English, [Spanish](#), and [Chinese](#).

[SEL Resources for COVID-19](#)

CASEL

This resource provides school personnel and parents support in attending to the social and emotional needs that arise during times like these. SEL offers a powerful means to explore and express our emotions, build relationships, and support each other – children and adults alike – during this challenging time.

[Helping Homebound Children During the COVID-19 Outbreak](#)

Center for the Study of Traumatic Stress

This 2-page resource outlines key steps to supporting students and families as they cope with the social isolation, changes in routine, other challenges that may arise when schools are closed and students are home.

[Talking to Kids about the Coronavirus](#)

Child Mind Institute



This 4 minute video and accompanying information provides expert advice on how to talk to kids about coronavirus in a way that helps them feel less worried.

[Talking to Children about COVID-19 \(Coronavirus\): A Parent Resource](#)

National Association of School Psychologists, National Association of School Nurses

This 4-page resource outlines ways parents can support their children as the COVID-19 outbreak continues to evolve and includes age-appropriate talking points.

[How You and Your Kids Can De-Stress During Coronavirus](#)

PBS for Parents

Visit PBS for strategies to help younger children de-stress and includes related videos from *Daniel Tiger, Elmo*, and other PBS Kids shows.

[My Kid's School is Closed, So Now What?](#)

Confident Parents Confident Kids

This resource provides strategies for parents and guardians to support the social, emotional, and mental health of their children during the COVID-19 pandemic.