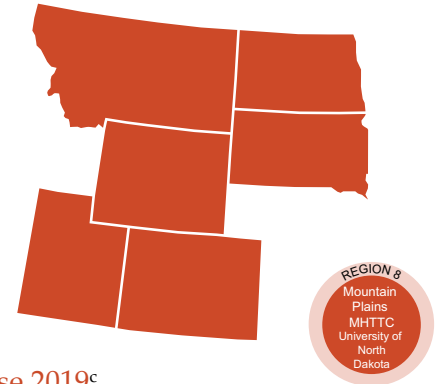




## Mental Health Resources for Parents and Caregivers during COVID-19

In response to the recent pandemic (COVID-19), the Mountain Plains Mental Health Technology Transfer Center (MHTTC) is providing up-to-date, mental health resources for parents and caregivers. The Mountain Plains MHTTC<sup>a</sup> serves a six-state region. Funded by the Substance Abuse and Mental Health Services Administration<sup>b</sup> (SAMHSA), the Center is focused on providing free training, products, and technical assistance to individuals serving persons with mental health disorders.



### Mental Health Resources for Parents and Caregivers

[Parents/Caregiver Guide to Helping Families Cope with the Coronavirus Disease 2019<sup>c</sup>](#)

From the [National Child Traumatic Stress Network<sup>d</sup>](#) this guide assists parents and caregivers to understand what COVID-19 is, how to prepare the family for an outbreak, techniques to reduce the risk of contracting the virus, coping strategies for dealing with stress, and helping children cope. Also included are resources for seeking additional help.

[Resources for Supporting Children's Emotional Well-Being During the COVID 19 Pandemic<sup>e</sup>](#)

From [Child Trends<sup>f</sup>](#), this website clearly and concisely covers the current COVID-19 pandemic as it relates to children and their parents and caregivers. This publication has a wealth of resources for parents and other caregivers ranging from how to stay healthy and talking to children about the pandemic to staying socially connected and engaging in self-care.

[Talking with Children: Tips for Caregivers, Parents, and Teachers During Infectious Disease Outbreaks<sup>g</sup>](#)

This resource provides tips for parents, teachers, and caregivers during an infectious disease outbreak. Broken down by age groups, it discusses possible reactions and ways to talk to children and help them cope with their situation. Also included is a list of additional resources.

[Children and Youth with Special Healthcare Needs in Emergencies<sup>h</sup>](#)

This page provides resources and suggestions for families with special needs children. It describes how to prepare, how to respond during, and how to handle possible effects on a child's mental and emotional health after the emergency subsides. It also includes a checklist to help families prepare for an emergency.

[Helping Children Cope with Emergencies<sup>i</sup>](#)

This page provides information about the emotional impact of emergencies on children and includes tips on how to help them cope. It also shares common reactions based on age groups.

[Talking with Children about Coronavirus Disease 2019<sup>j</sup>](#)

This website provides tips on how to communicate with children about COVID-19 in terms of providing accurate information, relieving stress, and tips to prevent the spread. It provides facts that are appropriate for discussion with children.

[Coronavirus Resources and Tips for Parents, Children, and Others<sup>k</sup>](#)

[Prevent Child Abuse America<sup>l</sup>](#) provides a host of resources, tips, and suggestions that mental health providers can implement to encourage families to manage stay connected, ensure the safety of children, and manage stress and anxiety.

### Health and Well-Being During COVID-19<sup>m</sup>

The Center for the Study of Traumatic Stress has developed several fact sheets and other resources to support the health and well-being of individuals and communities that are impacted by COVID-19. Resources include taking care of your family, a guide for better sleep for hospital workers, supporting patients during isolation, finding the right words to talk with children and teens, and more.

### Seven Ways to Support Kids and Teens through the Coronavirus<sup>n</sup>

This information was developed by [The Clay Center for Healthy Minds](#)<sup>o</sup> at Massachusetts General Hospital. It provides seven helpful tips for parents to use to support their young children and teens through the coronavirus pandemic.

### Six Ways to Help Your Child Manage Their Anxiety During COVID-19<sup>p</sup>

This resource for parents and caregivers is designed to help manage children's stress and anxieties during COVID-19. This tip sheet was made possible through a partnership between the American Psychological Association and the National Parent Teacher Association.

### Helping Children Cope Emotionally with the Coronavirus<sup>q</sup>

This web page from the [American Academy of Experts in Traumatic Stress](#)<sup>r</sup> provides parents with specific suggestions for helping children cope with COVID-19.

### Mental Health and COVID-19: Information and Resources from Mental Health America<sup>s</sup>

To aid individuals and communities during this time, Mental Health America has compiled a range of resources and information. Specifically, there are resources on:

- [Mental Health Information for Disease Outbreaks](#)<sup>t</sup>
- [Tools and Information on Anxiety](#)<sup>u</sup>
- [For Parents](#)<sup>v</sup>
- [For Caregivers](#)<sup>w</sup>

### American Academy of Child and Adolescent Psychiatry Coronavirus Resource Library<sup>x</sup>

The American Academy of Child and Adolescent Psychiatry's Coronavirus Resource Library contains resources for parents, patients, and clinicians to help with the impact of COVID-19.

*This publication was prepared for the Mountain Plains Mental Health Technology Transfer Center (TTC) Network under a cooperative agreement from the Substance Abuse and Mental Health Services Administration (SAMHSA). All material appearing in this publication, except that taken directly from copyrighted sources, is in the public domain and may be reproduced or copied without permission from SAMHSA or the authors. Citation of the source is appreciated. Do not reproduce or distribute this publication for a fee without specific, written authorization from the Mountain Plains Mental Health Technology Transfer Center. For more information on obtaining copies of this publication, call 701-777-6367.*

*At the time of this publication, Elinore F. McCance-Katz, served as SAMHSA Assistant Secretary. The opinions expressed herein are the views of Dr. Shawnda Schroeder, PhD, and Professor Thomasine Heitkamp, LCSW, and do not reflect the official position of the Department of Health and Human Services (DHHS), SAMHSA. No official support or endorsement of DHHS, SAMHSA, for the opinions described in this document is intended or should be inferred.*



## Mental Health Resources for Caregivers during COVID-19

- a. [mhttcnetwork.org/centers/mountain-plains-mhttc/home](http://mhttcnetwork.org/centers/mountain-plains-mhttc/home)
- b. [www.samhsa.gov/](http://www.samhsa.gov/)
- c. [www.nctsn.org/sites/default/files/resources/fact-sheet/outbreak\\_factsheet\\_1.pdf](http://www.nctsn.org/sites/default/files/resources/fact-sheet/outbreak_factsheet_1.pdf)
- d. [www.nctsn.org/](http://www.nctsn.org/)
- e. [www.childtrends.org/publications/resources-for-supporting-childrens-emotional-well-being-during-the-covid-19-pandemic](http://www.childtrends.org/publications/resources-for-supporting-childrens-emotional-well-being-during-the-covid-19-pandemic)
- f. [www.childtrends.org/](http://www.childtrends.org/)
- g. [store.samhsa.gov/product/Talking-With-Children-Tips-for-Caregivers-Parents-and-Teachers-During-Infectious-Disease-Outbreaks/PEP20-01-01-006](http://store.samhsa.gov/product/Talking-With-Children-Tips-for-Caregivers-Parents-and-Teachers-During-Infectious-Disease-Outbreaks/PEP20-01-01-006)
- h. [www.cdc.gov/childrenindisasters/children-with-special-healthcare-needs.html](http://www.cdc.gov/childrenindisasters/children-with-special-healthcare-needs.html)
- i. [www.cdc.gov/childrenindisasters/helping-children-cope.html](http://www.cdc.gov/childrenindisasters/helping-children-cope.html)
- j. [www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/talking-with-children.html?CDC\\_AA\\_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fcommunity%2Fschools-childcare%2Ftalking-with-children.html](http://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/talking-with-children.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fcommunity%2Fschools-childcare%2Ftalking-with-children.html)
- k. [preventchildabuse.org/coronavirus-resources/](http://preventchildabuse.org/coronavirus-resources/)
- l. [preventchildabuse.org/](http://preventchildabuse.org/)
- m. [www.cstsonline.org/resources/resource-master-list/coronavirus-and-emerging-infectious-disease-outbreaks-response](http://www.cstsonline.org/resources/resource-master-list/coronavirus-and-emerging-infectious-disease-outbreaks-response)
- n. [www.mghclaycenter.org/hot-topics/7-ways-to-support-kids-and-teens-through-the-coronavirus-pandemic/](http://www.mghclaycenter.org/hot-topics/7-ways-to-support-kids-and-teens-through-the-coronavirus-pandemic/)
- o. [www.mghclaycenter.org/](http://www.mghclaycenter.org/)
- p. [ptaourchildren.org/help-manage-covid-19-anxiety/](http://ptaourchildren.org/help-manage-covid-19-anxiety/)
- q. [www.aaets.org/helping-children-cope-emotionally-with-coronavirus](http://www.aaets.org/helping-children-cope-emotionally-with-coronavirus)
- r. [www.aaets.org/](http://www.aaets.org/)
- s. [mhanational.org/covid19](http://mhanational.org/covid19)
- t. [mhanational.org/covid19#MentalHealthInformationForDiseaseOutbreaks](http://mhanational.org/covid19#MentalHealthInformationForDiseaseOutbreaks)
- u. [mhanational.org/covid19##ToolsAndInformationOnAnxiety](http://mhanational.org/covid19##ToolsAndInformationOnAnxiety)
- v. [mhanational.org/covid19##ForParents](http://mhanational.org/covid19##ForParents)
- w. [mhanational.org/covid19##ForCaregivers](http://mhanational.org/covid19##ForCaregivers)
- x. [www.aacap.org/](http://www.aacap.org/)

### Resources for Concerns around Abuse

- 24/7 Parental Stress Line: 1-800-632-8188
- Domestic Abuse Intervention Services Help Line: 608-251-4445 or 800-747-4045
- National child abuse hotline: [www.childhelp.org/hotline](http://www.childhelp.org/hotline)

### Reporting Mechanisms in Region 8

- Colorado: 1-844-264-5437
- Utah: 1-855-323-3237
- Wyoming: Contact local DFS offices
- Montana: 1-866-820-5437
- North Dakota: [www.nd.gov/dhs/services/childfamily/cps/#reporting](http://www.nd.gov/dhs/services/childfamily/cps/#reporting)
- South Dakota: [dss.sd.gov/childprotection/reporting.aspx](http://dss.sd.gov/childprotection/reporting.aspx)

## Authors and Contributors

Shawnda Schroeder, PhD  
Research Associate Professor  
[shawnda.schroeder@UND.edu](mailto:shawnda.schroeder@UND.edu)

Thomasine Heitkamp, Professor  
PI and Co-project Director  
[thomasine.heitkamp@UND.edu](mailto:thomasine.heitkamp@UND.edu)

Louise Diers  
Administrative Secretary

Stefanie Winfield, MSW  
School-Based Program Manager

## Connect with Us



[mhttcnetwork.org/centers/mountain-plains-mhttc/home](http://mhttcnetwork.org/centers/mountain-plains-mhttc/home)



@Mountain-Plains-MHTTC



@MPMHTTC



[mhttcnetwork.org/centers/mountain-plains-mhttc/subscribe](http://mhttcnetwork.org/centers/mountain-plains-mhttc/subscribe)

