



National American Indian and Alaska Native

MHTTC

Mental Health Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

Learn in a safe environment.

In a situation like this it is normal to feel sad, worried, confused, scared, or angry. Know that you are not alone, and you can talk to someone you trust, like a parent or teacher, so that you can help keep yourself and your school safe and healthy.

Be kind.

Don't tease anyone about being sick.

Wear a mask.

It helps prevent spreading the virus.

If you feel sick, stay home.

Tell your parents, another family member, or a caregiver if you feel sick, and ask to stay home.

Be a leader.

Share what you know with family and friends. Model good practices like wearing a mask and washing your hands.

Wash your hands.

Always with soap and water for at least 20 seconds. If water isn't available, hand sanitizers can be used.

Practice social distancing.

When you're at school, keep at least six feet away from others.

For information on our programs supporting school mental health, please contact:

Teresa Brewington, M.Ed, MBA

Lumbee, Coharie

Program Manager, MHTTC K-12 Program

teresa-brewington@uiowa.edu

Obtained and adapted from the World Health Organization.



**Native Center for
Behavioral Health**



**THE UNIVERSITY
OF IOWA**

SAMHSA
Substance Abuse and Mental Health
Services Administration