

May 18th, 2020

# Mental Health Tips



MYCS Behavioral Health Newsletter

## Focus:

- ◆ Mental Health Awareness Month
- ◆ COVID-19 Resources
- ◆ Mental Health Resources
- ◆ Crisis Information



Student Assistance Program (SAP)  
Provider:

Mon Yough  
Community Services  
Kathy Barcovtch  
412-298-2552

School-Based  
Therapy Provider:

Mon Yough  
Community Services  
Lakin Weakland  
412-675-8419

Mon Yough Community  
Services  
500 Walnut Street  
McKeesport, PA  
15132  
(412)675-6927

## May is Mental Health Awareness Month

Founded in 1949, May has been observed as Mental Health Awareness month. **1 in 5 people will experience a mental illness in their lifetime. All Americans face challenges in life that can impact mental health.**

Anyone can use the following simple tools to manage mental wellness  
#Tools2Thrive:

- Owning your feelings
- Finding the positive
- Connecting with others
- Eliminating toxic influences
- Creating healthy routines



## Stay healthy. Stay calm.

8 tips for managing your child's anxiety about COVID-19.



Create a routine.



Listen to your child and check in frequently.



Look for signs of anxiety.



Teach coping skills.



Focus on controllable tasks like washing hands.



Encourage positive thinking.



Stay connected.



Seek professional help if needed.

Get more tips and resources at [childrens.com/covid19](https://www.childrens.com/covid19)



## COVID-19 Information

As questions and concerns regarding Covid-19 continue to arise, it is important as a parent to stay informed in order to best care for your family/children. Knowing the latest about the outbreak and being prepared can significantly reduce the stress and anxiety that may emerge. Be sure to gather your

information from credible media sources, such as public health officials and the CDC. Setting a limit on one's exposure to media coverage is also good practice, as we should stay aware but stay mindful. Focus on supporting your children during this time by welcoming conversations regarding their thoughts and feelings regarding Covid-19. Know that this is ultimately temporary, and we are all in this together.

# Resources



## COVID-19 Resources:

Help Initiative:

<https://helppgh.org/covid-19-resources/>

Big Brothers Big Sisters:

<https://www.bbbspgh.org/covid-19-resources>

Allegheny County

<https://www.alleghenycounty.us/Health-Department/Resources/COVID-19/COVID-19>

Dial **211** for a free, confidential referral and information helpline that connects people of all ages and from all communities to the essential health and human services they need, 24 hours a day, seven days a week

### Crisis Lines

**Crisis Text Line:** Text HELP to 741741

**National Domestic Violence Hotline:** 1-800-799-7233

**Re: Solve Crisis Services:** 1-888-7-YOU-CAN (796-8226)

**SAMHSA Disaster Distress Helpline:** 1-800-985-5590

**National Suicide Prevention Hotline:** 1-800-273-8255

**Substance Abuse Services Hotline:** 1-800-662-HELP (4357)

**Tips for Supporting Children During the Coronavirus Crisis**

- Encourage an **open discussion**. Explain what is happening in kid-friendly terms.
- Emphasize that Coronavirus is **less common in children** than adults and often results in only mild cold symptoms.
- **Listen to and acknowledge their worries**. Remind them that you are doing whatever you can to keep them safe and healthy.
- Remember that **they are watching us** and our reactions to this crisis. Our behaviors and feelings mold and form their behaviors and feelings!
- Maintain a **structure and routine** at home.
- Support **creative and outdoor play** in safe settings.
- Teach **healthy coping strategies** such as breathing techniques, grounding, journaling, and drawing.
- View the extra time at home as a gift to spend **quality family time**.
- **Avoid watching the news** in front of them.
- **Read with your child** and access **free educational resources**.

MUSIC with SCHOOL counseling

## Mental Health Apps:



Ages 6-16. **The Worry Box** app serves as a journal for children and adolescents to record their worrisome thoughts. (Android)



Ages 4+ **MyLife Meditation** is an app that allows you to check in with how you're feeling, and recommends short guided meditations and mindfulness activities, tuned to your emotions. (Android, IOS)



Ages 4+ **Positive Penguins** is an app developed for children to help them understand why they feel the way they do and help them challenge their negative thinking. (Android, IOS)



Ages 13+ **SuperBetter** builds resilience - the ability to stay strong, motivated and optimistic even in the face of change and difficult obstacles. (Android, IOS)



Ages 13+ **MindShift** uses scientifically proven strategies based on Cognitive Behavioral Therapy (CBT) to help you learn to relax and be mindful, develop more effective ways of thinking, and use active steps to take charge of your anxiety. (Android, IOS)



Ages 6+ **Breathe2Relax** is a portable stress management tool which provides detailed information on the effects of stress on the body and instructions and practice exercises to help users learn the stress management skill called diaphragmatic breathing.



Ages 13+ **Sanvello** helps you understand you: Our thoughts, moods, and behaviors all shape how we feel. Sanvello gives you clinically validated techniques to help you manage your moods and thoughts, so you can understand what works for you to feel better. Free premium access through the COVID 19 crisis. (Android, IOS)

*"May your choices reflect your hopes, not your fears" - Nelson Mandela*