



Mental Health and Wellness Guide for Parents/Guardians



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Parenting Through COVID-19 Resources

- [Preventing Parent Burnout](#)
- [When Siblings Won't Stop Fighting](#)
- [Supporting vs. Enabling](#)
- [Single Parenting During the Coronavirus](#)
- [Coronavirus Parenting: Managing Anger and Frustration](#)
- [How to Support Children and Yourself During Covid- 19](#)
- [Is Your Child an Orchid or a Dandelion?](#)
- [4 Ways To Help Your Anxious Kid](#)
- [Why Does My Big Kid Act Like a Toddler](#)

For Children Ages 0-2

- [Helping Stressed Babies and Toddlers During The Pandemic](#)
- [How To Mitigate Pandemic Fallout for Babies and Toddlers](#)
- [How Digital Devices Affect Infants and Toddlers](#)



Grief and Loss Resources during COVID-19

Words of comfort and supportive workshops:

[NY Times: Grieving the Losses of Coronavirus](#)

[Grief and Loss During COVID-19 \(a free workshop for families\)](#)

[The Discomfort You're Feeling is Grief by Harvard Review](#)

Mental Health Services and Agencies (including individual and group therapy support)

[NYC Center for Bereavement](#)

[Life and Loss Mental Health Counseling](#)

[COPE Foundation](#) (including ongoing support groups for children, adolescents and adults as well as grief-focussed meditation practices)

[Brooklyn Bereavement](#)

Online resources for parents/caregivers

[Modern Loss](#)

[Soaring Spirits](#)

[What's Your Grief](#)

Podcasts & online communities

[Grief Out Loud](#)

[The Widowed Parent Podcast](#)

[Coming Back](#)

[Terrible, Thanks for Asking](#)

Online resources for children & teens

[The Dougy Center's School & Community Toolkit](#)

[10 Ways to Help a Grieving Child](#)

[How to Be A Hero to Your Grieving Child](#)

[When Someone Dies: A Child-Caregiver Workbook](#)

About COVID-19

[Talking to children about COVID-19](#)

[Coping with stress during infectious disease outbreaks](#)



Digital Self-Care Resources

Mindfulness and Meditation Apps

- [Calm](#)
- [Stop, Breathe and Think](#)
- [Headspace \(free subscription for educators and New Yorkers!\)](#)
- [Meditation Studio](#)
- [Mind Yeti](#)
- [Breathwrk](#)
- [Journaling Apps](#)
- [Jour: Journal For Mindfulness](#)
- [Journey](#)
- [Day One](#)

Movement

- [Free online yoga classes](#)

Other Self-Care

- Happify : Uses fun weekly activities to help you break old patterns and form new healthy habits, allowing you better cope with stress and conquer negative thoughts.
- Sleep Cycle: Basically, the app is an alarm clock that tracks your sleep patterns and wakes you up during light sleep, which feels like waking up naturally rested without an alarm clock.
- Sanvelo: Help with managing stress, anxiety and depression using Cognitive Behavioral Therapy techniques and mindfulness-based practices.
- Moment: Helps you navigate screen time and set limits for the whole family.
- Free self-compassion drop-in classes



Mental Health Warning Signs for Children and Teens

Something to look out for when concerned that a child or teen may be struggling with depression or another mental health condition is a change in behavior or the presence of entirely new behaviors. This is of sharpest concern if the new or changed behavior is related to a painful event, loss, or change. Additionally, the presence of more than one of these warning signs increases the likelihood that someone is struggling with a mental health condition.

Talk

If a person talks about:

- Hurting themselves
- Feeling hopeless
- Having no reason to live
- Being a burden to others
- Feeling trapped
- Experiencing pain/sadness

Behavior

Behaviors that may signal risk, especially if related to a painful event, loss or change:

- Increased use of alcohol or drugs
- Withdrawing from activities
- Isolating from family and friends
- Sleeping too much or too little (i.e. falling asleep in class)
- Aggression/oppositional behaviors
- Fatigue
- Anxious behavior (i.e. panicking, excessive worrying, etc.)

Mood

- Depression/Anxiety
- Loss of interest
- Humiliation/Shame
- Irritability/Agitation/Anger
- Relief/Sudden Improvement