**Teen Mental Health and Coping during COVID-19**

During the COVID-19 pandemic, children can feel like they are being punished. Those dealing with anxiety and mood disorders, separation from friends and family, and the loss of routines can contribute to this feeling. Dr. Ashley Miller, child and adolescent psychiatrist, senior medical director for outpatient programs at B.C. Children's Hospital along with many other mental health specialist, states that social relationships help decrease anxiety and suggests involving children in setting up a new structured routine. Many teens can make their own schedules to include activities to help or contribute to the family or community.

# Throughout this crisis, the internet has been used more as an educational tool. We encourage parents and children/teens to continue to use it for educational and supportive purposes as well as for entertainment. There are many articles on the effects of COVID-19 and mental health, We have listed a few articles that may give you some insight and support: 1. *10 mental health signs to watch out for in kids in the age of COVID-19* by [Dr. Stephen B. Moss, PhD](https://drstephenmoss.com/mental-health-counseling-services/author/themossgroup/), March 28, 2020, [Mental Health Counseling](https://drstephenmoss.com/mental-health-services/mental-health-counselor-counseling-services-mental-health-services/); 2. *How teenagers can protect their mental health during coronavirus (COVID-19) 6 strategies for teens facing a new (temporary) normal,* by UNICEF; 3. How to manage stress and anxiety during COVID-19 outbreak*, Daily Journal,* March 16, 2020 djournal .com; 4. Protect your family's mental health during the COVID-19 Pandemic, by [Susan Bartell](https://www.usnews.com/topics/author/susan-bartell), parenting expert, author and child psychologist ; 5. It's easy to overlook the impact of COVID-19 on people with serious mental-health issues by Julie Whitehead Mississippi Center for Investigative Reporting, Mar 20, 2020.

Parents seeking an alternate for in-person mental health sessions may investigate the use of telemental health. The COVID19 pandemic has required mental health practitioners to shift from providing largely in-person therapeutic intervention, to operating a telemental health practice. This alternative method may be useful for parents. Telemedicine and telemental health (behavioral health) is the process of providing health care from a distance through technology, often using videoconferencing. This alternative method of treatment has been used for many years. Research indicates good outcomes across many disorders-including ADHD and anxiety disorders. (***Mary Alvord, PhD,*** psychologist and director of Alvord, Baker & Associates, LLC) Wecounsel.com states that technology for telemental health services continues to break down barriers, remove stigmas, and increase access.

**The Prince William County Emergency Services Crisis Intervention Program** is available on a 24-hour basis to the members of our community experiencing a crisis related to mental health, substance abuse and/or intellectual disabilities. Please call **703-792-7800 in Manassas or
703-792-4900 in Woodbridge.** We have also attached a modified list of mental health services for children and adults in the northern Virginia area.

We would like to share a message from our national NCBW leadership. Continue to be safe and follow the CDC guidelines.

**Social Distancing Does Not Mean Emotional Distancing**

“‘Human beings are social creatures. We are social not just in the trivial sense that we like company, and not just in the obvious sense that we each depend on others. We are social in a more elemental way: simply to exist as a normal human being requires interaction with other people.‘ ~ Atul Gawande (American Surgeon, Writer, Public Health Researcher)

COVID-19 has caused us to swiftly adopt social distancing as our new normal at the recommendation of the Centers for Disease Control….

**social distancing does not mean emotional distancing**. Remember that this plays a big role into your mental health. We are meant to be social people. It’s not enough to send a text message, or to send an email. Pick up the phone. Call your loved one. Hear their voice. Use discernment (your judgment). Don’t rely on a text message to determine if someone is okay. Face Time your family and friends, and look them in their eyes.  Listen to one another. Just because you can’t be there physically doesn’t mean you can’t emotionally share this burden of COVID-19 with your friends and family….”

Mia Johnson, Chair

NBCW National Health Committee. April, 8. 2020



Mental Health Resources in Your Community

Published at 12:43 PM EDT on Apr 29, 2014 | Updated at 2:24 PM EDT on Aug 26, 2019

*(Mentalhealth.gov contributed to this modified list.)*

One in four adults experience a mental illness in any given year, and 60 percent of those adults receive no mental health services, the National Alliance on Mental Illness (NAMI) reports.

Many of those people don’t get the help they need because they don’t know where to start. Use the index below to find [mental health services and resources in your area](http://serviceslocator.mentalhealth.gov/providers/search?miles=25&q=22311&commit=Search). (The list below includes Virginia local areas. For a complete list to include all VA, MD and DC resources, please refer the article.)

**Burke** Autumnleaf Group Inc **Dumfries** Heritage
8983 Hersand Drive, Suite 2 17844 Oyster Bay Ct.
Burke, VA 22015 Dumfries, VA 22026
(703) 658-7103 (703) 221-9105

**Fairfax** Inova PH Mental Health Hospital Partial Hospitalization
3020 Javier Road 3020 Javier Road
Fairfax, VA 22031  Fairfax, VA 22031
703-289-7560 (703) 289-7560

Lifeline Counseling Center: Outpatient Services
10374 Democracy Lane, Suite A
Fairfax, VA 22030
(703) 691-3029

Victoria Transcultural: Clinical Center Meier Clinics
3541 Chain Bridge Road, Suite 204 11200 Waples Mill Road
Fairfax, VA 22030 Fairfax, VA 22030
(703) 218-6599 (703) 383-8333

Kellar Intensive OP Adolescent SA
11204 Waples Mill Road
Fairfax, VA 22030
(703) 289-2075

**Falls Church**

HCA Dominion Hospital Northern Virginia Family Service

2960 Sleepy Hollow Road 6400 Arlington Boulevard, Suite 110

Falls Church, VA 22044-2030  Falls Church, VA 22042

(703) 538-2871 (703) 533-3302

Inova Fairfax Hospital : Behavioral Health Services
3300 Gallows Road
Falls Church, VA 22042
(703) 289-7570

**Manassas** Family Insight  Day Treatment
5980 Twin Rivers Drive 9301 Forest Point Circle
Manassas, VA 20112  Manassas, VA 20110  (703) 915-2936 (703) 813-5982

Prince William Hospital: Center for Psychiatry/Addiction
8680 Hospital Way
Manassas, VA 20110-4287
(703) 369-8464

Calvary Counseling Center  Prince William County
9533 School Street Community : Services Board
Manassas, VA 20110  8033 Ashton Avenue, Suite 105

(703) 731-9006 Manassas, VA 20109

 (703) 792-7800

**Springfield** Multicultural Clinical Center Adolescent and Family Growth
6563 Edsall Road 8000 Forbes Place
Springfield, VA 22151  Springfield, VA 22151
(703) 354-0000 (703) 425-9200

Fairfax Falls Church Comm Servs Board : Springfield Office
8348 Traford Lane
Springfield, VA 22152-1663
(703) 866-2100

**Suicide and Crisis Hotlines**

**• American Foundation for Suicide Prevention**
*A nonprofit organization committed to understanding and preventing suicide through research, information dissemination, and advocacy work.*
[www.afsp.org](http://www.afsp.org/)

• **Crisis Chatline**
*A service of the National Suicide Prevention Lifeline available to youth 24/7 via chat.*[www.CrisisChat.org](http://www.crisischat.org/)

**• National Hopeline Network Crisis Hotline**
*A hotline connecting those who are depressed or suicidal to a certified crisis center.*
[www.hopeline.com](http://www.hopeline.com/)

(800) SUICIDE (784-2433)

• **National Suicide Prevention Lifeline**
*Toll-free, 24-hour hotline available to anyone in suicidal crisis or emotional distress.*
(800) 273-TALK (8255)

• **SAMHSA’s Suicide Prevention Lifeline**

*24/7 by phone or chat for those in crisis or with loved ones in crisis*1-800-273-TALK (8255)
<http://www.suicidepreventionlifeline.org/>

• **The Society for the Prevention of Teen Suicide**
*Family resource webpage including information on warning signs, how to provide support to your child and how to talk wiwht your children about mental health and suicide awarness.* [www.sptsusa.org/parents](https://urldefense.proofpoint.com/v2/url?u=http-3A__www.sptsusa.org_parents&d=DwMFaQ&c=fgAH0TEak9hSJygxoVsafg&r=Ozn21LOsmF6Z5sqZTh8M-9nOwkgqBuuZhmyNHyF9RwM&m=PwULjbtlg56UvKyil_HHAc0EHgNfhrj80P0MaaZaPhc&s=RsmP9lt9c7Eni1UCfwHda29Jb_wloGKZIYHWqurThZ8&e=)

• **Youth Mental Health First Aid**
*An eight-hour couse that teaches adults who interact with youth how to identify signs of emotional distress and how to address mental health crisis until professional help is accessed.*[www.mentalhealthfirstaid.org/take-a-course/course-types/youth/](https://urldefense.proofpoint.com/v2/url?u=https-3A__www.mentalhealthfirstaid.org_take-2Da-2Dcourse_course-2Dtypes_youth_&d=DwMFaQ&c=fgAH0TEak9hSJygxoVsafg&r=Ozn21LOsmF6Z5sqZTh8M-9nOwkgqBuuZhmyNHyF9RwM&m=PwULjbtlg56UvKyil_HHAc0EHgNfhrj80P0MaaZaPhc&s=DAGgxVAdF-WexmAgnj3-Yjj8cJDQbZXiEiOSR_700Qo&e=)

• **Whitman Anonymous Concern Form**
*Available to anyone concerned about the safety or well-being of a friend can submit information over an anonymous concern form. Administrative and counseling will follow-up*[http://www.emailmeform.com/builder/form/25S2iRWw2leQON8rU](https://urldefense.proofpoint.com/v2/url?u=http-3A__www.emailmeform.com_builder_form_25S2iRWw2leQON8rU&d=DwMFaQ&c=fgAH0TEak9hSJygxoVsafg&r=Ozn21LOsmF6Z5sqZTh8M-9nOwkgqBuuZhmyNHyF9RwM&m=PwULjbtlg56UvKyil_HHAc0EHgNfhrj80P0MaaZaPhc&s=aub2oPGEZ111VXBZuiwM3DC4CSBy0jlSftyB03X82rc&e=)

**Government Agencies**

**• The Centers for Disease Control**
*An information fact sheeet on the prevalence and public health issue of suicide, warning signs and resources.*
[www.cdc.gov/violenceprevention/pdf/suicide\_factsheet-a.pdf](https://urldefense.proofpoint.com/v2/url?u=https-3A__www.cdc.gov_violenceprevention_pdf_suicide-5Ffactsheet-2Da.pdf&d=DwMFaQ&c=fgAH0TEak9hSJygxoVsafg&r=Ozn21LOsmF6Z5sqZTh8M-9nOwkgqBuuZhmyNHyF9RwM&m=PwULjbtlg56UvKyil_HHAc0EHgNfhrj80P0MaaZaPhc&s=P8WW-ArFwwBtuq3glU2HkhFyviSp38aYwnPcjeDy2kU&e=)

**• National Institute of Mental Health (NIMH)**
*The mission of NIMH is to transform the understanding and treatment of mental illnesses through basic and clinical research, paving the way for prevention, recovery and cure*.
[www.nimh.nih.gov](http://www.nimh.nih.gov/)

**• Substance Abuse and Mental Health Services Administration (SAMHSA)**
*SAMHSA is a federal agency dedicated to recovery for people with mental or substance abuse disorders, including finding jobs, homes, and strong personal relationships with their peers and family.*
[www.samhsa.gov](http://www.samhsa.gov/)

**• ADS Center—Resource Center to Promote Acceptance, Dignity, and Social Inclusion Associated with Mental Health**
*The SAMHSA ADS Center works to enhance social acceptance of people with mental health problems by providing information and assistance to counteract prejudice and discrimination and promote social inclusion.*
[www.adscenter.org](http://www.adscenter.org/)

• **SAMHSA’s Behavioral Health Treatment Services Locator**
*An on-line source of information for persons seeking treatment facilities in the United States or U.S. Territories for substance abuse/addiction and/or mental health problems.*
1-800-662-HELP (4357)
<http://findtreatment.samhsa.gov/>

•**SAMHSA’s Treatment Referral Line**
*Provides 24-hour free and confidential treatment referral and information about mental and/or substance use disorders, prevention, and recovery in English and Spanish.*
1-800-662-HELP (4357)
[beta.samhsa.gov/find-help/national-helpline](http://beta.samhsa.gov/find-help/national-helpline)

• **SAMHSA’s Opioid Treatment Program Directory**
*Helps locate treatment programs in any state that treat addiction and dependence on opioids, such as heroin or prescription pain relievers.*
[dpt2.samhsa.gov/treatment/](http://dpt2.samhsa.gov/treatment/)

• **The Veteran’s Crisis Line**
*Connects veterans in crisis (and their families and friends) with qualified, caring Department of Veterans Affairs responders through a confidential, toll-free hotline, online chat, or text.* 1-800-273-8255
[www.veteranscrisisline.net](http://www.veteranscrisisline.net/)

• **SAMHSA’s Drug-Free Workplace Line**
*Assists employers and union representatives with policy development, drug testing, employee assistance, employee education, supervisor training, and program implementation.*
1-800-WORKPLACE (967-5752)
[workplace.samhsa.gov](http://workplace.samhsa.gov/)