**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. The National Coalition of 100 Black Women, Prince William County Chapter, Inc. (NCBW/PWCC) has provided some resources and tips to help children to cope during COVID-19. For more mental health information, contact your private physician or counselor.

1. **Teen Mental Health and Coping During COVID-19 - see attached**
2. **Social Distancing Does Not Mean Emotional Distancing – see attached**
3. **Mental Health Resources In Your Community – see attached**
4. **Telehealth/Telemental Health**

During this sensitive time, it is important to refer all individuals with mental health issues to certified mental health counselors, with the appropriate qualifications to manage their situation. Please contact your private physician for assistance. Another option is the use of telehealth. This allows parents to schedule online appointments for cognitive behavioral therapy sessions with a licensed counselor. Please refer to the telehealth or telemental health websites for additional information.

1. **Distance Learning - Education**

Schools have provided parents and students with resources for distance learning. Listed are additional resources.

* Coren5Lexia (supports reading),
* myOn (library books),
* Wixie (write reports, drawing)
* quizlet.com (create flashcards, game),
* wedolisten.org (listening)
* flipgrides.com. (social learning PreK - PhD)
1. **Distance Socializing**

 Social Media is a great way to connect with friends while practicing social distancing.

* Create challenges such as create a new dance, step routine, or an original song
* Students can express their feelings about COVID-19 and how it has affected their mental health by: writing a daily diary, writing poetry, drawing pictures, talking to parent or guardian or trusted adult

 Additional resources for teens and adults

* Tips to stay positive during social distancing – see attached
* Keep It Moving Activities (videos to stat active and fit)– see attached
* Stress Management and Coping strategies – see attached