TIPS FOR SUPPORTING MENTAL HEALTH THROUGHOUT THE COVID-19 SCHOOL CLOSURES

Please periodically visit our COVID-19 resource page at charterselpa.org

Equip staff members and parents with guidance about how to respond to student questions and comments about COVID-19. Consider seeking staff training on the topic of Psychological First Aid.

- Talking to Kids About the Coronavirus, Child Mind Institute
- Talking to Children About COVID-19 (Coronavirus): A Parent Resource, National Association of School Psychologists. This resource is provided in several different languages.
- Psychological First Aid (PFA) for Schools – Teachers and Students, North American Center for Threat Assessment and Trauma Response

Continue to provide a continuum of mental health services and consider teletherapy and/or virtual platforms when appropriate. Delivery of mental health services should be consistent with federal and state health directives.

- Technology Checklist for School Telehealth Services, California Association of School Psychologists
- Virtual Service Delivery in Response to COVID-19 Disruptions, National Association of School Psychologists
- When One Door Closes and Another Opens: School Psychologists Providing Telehealth Services, Webinar and associated resources developed by the National Association of School Psychologists
- Planning for Virtual/Distance School Counseling During an Emergency Shutdown, American School Counselor Association

Maintain consistent communication with high needs students and their families.

- Self-Care in the Time of Coronavirus, a parent resource by Child Mind Institute

Remind your staff about mandated reporter obligations.

- Child Abuse Identification & Reporting Guidelines — Child Abuse Prevention Training and Resources (CA Dept of Education)
Ensure that mental health service referral systems are in place for when: 1) Teachers suspect that students may be experiencing social, emotional, or behavioral difficulties while providing distance learning; and 2) Teachers suspect that a student is at risk of harming themselves or others.

- **Suicide and Self-Harm: A Prevention and Response Toolkit for Educators**, El Dorado SELPAs
- **The Virginia Student Threat Assessment Guidelines**, University of Virginia
- **Comprehensive School Suicide Prevention in a Time of Distance Learning**, National Association of School Psychologists

Identify key community partners and make appropriate mental health referrals.

- **Peer-Run Warm Line** The Peer-Run Warm Line (1-855-845-7415) is a non-emergency resource for anyone in California seeking emotional support. We provide assistance via phone and webchat on a nondiscriminatory basis to anyone in need.

- **National Suicide Prevention Lifeline** The Lifeline (1-800-273-TALK (8255)) provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

- **Crisis Text Line** Text HOME to 741741 from anywhere in the USA to text with a trained Crisis Counselor.

- **The Trevor Project’s** Trevor Lifeline is a crisis intervention and suicide prevention phone service specifically for LGBTQ youth available 24/7 at 1-866-488-7386. Several other supportive resources can be found at Direct Online and Phone Support Services for LGBTQ Youth on the Human Rights Campaign website.

Promote the wellness of your faculty, staff, and service providers.

- **Mental Health and Coping During COVID-19**, CDC
- **Coping with Stress During Infectious Disease Outbreaks**, SAMHSA

Make time for Self-Care.

- **Managing Anxiety Around Covid-19**, RULER
- **Keeping Your Distance to Stay Safe**, American Psychological Association

If you have any questions related to supporting mental health during COVID-19 school closures, please do not hesitate to reach out to the LEA’s assigned program specialist or the El Dorado County SELPA/Charter SELPA main office at (530) 295-2462.