



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

Please periodically visit our [COVID-19](https://www.charterselpa.org/COVID-19) resource page at [charterselpa.org](https://www.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
- [Threat Assessment in Schools: A Guide to Managing Threatening Situations and to Creating Safe School Climates \(2004\) \(PDF\)](#), United States Department of Education (USDOE)
- [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.