

#WE
THRIVE
INSIDE



CHILD MIND[®]
INSTITUTE

Helping young people through COVID-19 and beyond

During the coronavirus crisis, the Child Mind Institute is here to support the mental and emotional health of children. By sharing inspiring video testimonials from public figures and providing practical resources and support, we can help kids and families stay healthy and well. That's how #WeThriveInside. Learn more at childmind.org/wethriveinside.

Here are some tips you can use to thrive despite the challenges.

How to build healthy coping skills

Building a strong foundation of self-care and positive coping skills can help your mental, emotional and physical health. Here are some habits you can build into your daily life:

- Cut yourself some slack!** Between school, work and everything else, you may be juggling impossible demands. Being kind to yourself helps you stay calm and frees up the bandwidth you need to take each day as it comes.
- Be smart about what you're reading and watching.** Consider putting a limit on the amount of news about the coronavirus you consume each day. If your social feeds are making you anxious, take a break, and focus on accounts that are calming.
- Set achievable goals.** Give up those unrealistic expectations for what you can achieve in this stressful time. Enjoy your successes each day, no matter how small.
- Practice mindfulness and self-care.** Set aside a few minutes around the same time every day to do deep breathing, meditation, exercise — whatever works.
- Stay connected virtually.** Keep your support network strong, even when you're only able to call or text friends and family. Socializing can help you feel better and stay grounded.
- Accept your feelings.** Many of us feel sad, angry and anxious right now. Acknowledging that — instead of fighting it — allows us to ride out our emotions.

How to know if you might need help

There is no "right" or "wrong" way to act during this time. Take each day as it comes and do what you need to feel okay, but remember that in the long run, some behaviors may do more harm than good. These are some things that may indicate you (or a friend) should reach out for help:

- Feeling down, anxious or irritable
- Sleeping too much or too little
- Eating too much or too little

- ❑ Isolating from your friends and family
- ❑ Feeling hopeless or too tired to engage in daily activities
- ❑ Not showering or brushing teeth, wearing the same clothes many days in a row

How to find treatment

If you think you may need help from a trained mental health professional, visit the [Project UROK resource guide](#).

How to handle a crisis

Call 911 immediately if you're concerned that you or a friend are unsafe, may be in danger of self-harm or may be suicidal or overdosing. Tell responders as many details as possible so they can be prepared when they arrive.

You can also call these free, 24-hour anonymous hotlines:

- ▶ Crisis Text Line: text UROK to 741741
- ▶ National Suicide Prevention Lifeline: call 1-800-273-8255

We're here for you at [Project UROK \(@projecturok\)](#) and our friends are here for you too:



About the Child Mind Institute's Coronavirus Response

- ▶ Telehealth, remote evaluations and phone consultations
- ▶ Free educator webinars on mental health topics
- ▶ Comprehensive resources for parents including Facebook Lives in English and Spanish

The Child Mind Institute is an independent, national nonprofit dedicated to transforming the lives of children and families struggling with mental health and learning disorders. Our teams work every day to deliver the highest standards of care, advance the science of the developing brain, and empower parents, professionals and policymakers with free resources to help children when and where they need it most. Together with our supporters, we're helping children reach their full potential in school and in life. We share all of our resources freely and do not accept any funding from the pharmaceutical industry. Support us at childmind.org/donate.