

Resources for Students, Schools and Parents During COVID and Beyond

As Crisis Text Line aptly states, "With 90% of the world's kids out of school right now, your lives have been upended—you're hustling to find new ways to teach, you're trying to support your students without seeing them every day, and in this time of crisis you're managing the needs of your students with those of your family."

WHAT ARE THEIR 17 & UNDER TEXTERS SAYING DURING COVID? Check out their series: [How is America Feeling?](#)

Anxiety

Our youngest texters are experiencing more anxiety during this pandemic than the rest of our texters.

They're also mentioning self-harm, sexual assault, and body image issues more than the rest of our texters.



The Good News

Young texters are managing their relationships better than the rest of our texters. And, while young texters are dealing with depression and sadness, the percentage of conversations about depression from this age demographic has decreased since quarantines began.



Crisis Text Line - Text "HEAL" to 741741 and connect with a Crisis Counselor 24/7

- ✓ Help students get free, 24/7 mental health support at their fingertips
- ✓ Digital assets - Please use shareables with our keyword HEAL sent out to all FIS team leads
- ✓ Marketing tips and communications information



STUDENT & FAMILY FOCUSED RESOURCES - SEL & EMOTION REGULATION

[DBT Skills - Series for Youth & Families](#) - Emotion regulation skills during COVID and beyond.

DEPRESSION - [Erika's Lighthouse - We're in this Together](#)

- ✓ Free practical, meaningful tools that promote positive mental health for teens that educators and parents can use at home, school or through e-learning.

EQUITY & LGBTQ

- ✓ [Family Engagement](#) during COVID / [LGBTQ Resources](#) / [Each Mind Matters Initiatives](#)

HIGH SCHOOL TRANSITION - [Set to Go - JED Foundation](#)

JED has given us access to their 5 SEL lessons (and one learning assessment) to pilot in our schools!

- ✓ Tools and information students need to thrive as they prepare to leave high school.
- ✓ Lessons on emotions, self-image, self-care, life skills and help-giving.

YOUTH EMPOWERMENT - [Sources of Strength](#)

- ✓ Self-care, wellness plans, emotion check-in and other resources for students and staff.

SOCIAL MEDIA MENTAL HEALTH CAMPAIGNS & MORE!

- ✓ [Pressure to Be Perfect](#) - Instagram & JED Foundation - Be your whole self and take care of others.
- ✓ [Seize the Awkward Campaign](#) - Empowering young people with skills to talk to friends about mental health.
- ✓ [Teen Link & Where to Turn Guide](#) - Resources on mental health, substance use, dating, gender/identity etc.
- ✓ [Well-being on Instagram](#) - Safety guide for protecting your space and well-being on Instagram.
- ✓ [YouCan](#) - Corona virus, marijuana/vaping info, digital meditation, create your own story, self-care & more.
- ✓ [Elevating Student Voice](#) - CASEL
- ✓ [Teen Action Fair Live Series - Gates Foundation](#) - Performances, organization spotlights, fun activities, collective art project, and Q&As with local youth activists, organizers, and artists.



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Let's move beyond the "How are you doing right now?"

WHEN REACHING OUT REMOTELY, TRY ASKING THESE DEEPER, INTERPERSONAL QUESTIONS

Sourced from [Elizabeth Weingarten](#) - Senior associate, ideas42



Being a great question-asker isn't just about posing a single, powerful question. It's about listening deeply before and after you ask. It's about asking out of genuine curiosity versus obligation and posing follow-up questions that show you've been listening. It is both a mindset and a skillset.

1. How are you taking care of yourself today?
2. What habit have you started, or broken, during the quarantine?
3. Which specific place are you most looking forward to visiting once this is all over?
4. What's the easiest part about the quarantine?
5. What are some things you have realized that you don't really need?
6. What problem—either yours, or something more global—do you wish you could solve?
7. What's something that you miss/don't miss that surprises you?
8. Which member of your family/tribe/friend group have you been thinking about the most? Why?
9. What's the most generous act you've seen recently?
10. What's giving you hope right now?
11. How do you want this experience to change you? How do you think it will?
12. What do you hope we all learn or take away from this experience?

WELLBEING SURVEYS & GUIDES

- "What can teachers or other adults at school do to better support you?"
- "When you say, "Nothing will ever be the same anymore" what did you mean by that?"

We know that 50% of all lifetime cases of mental illness begin by age 14. (NAMI) Identifying and building support systems during social distancing will be more critical than ever. Find tips on how to introduce questionnaires, key considerations, involving & explaining to students and samples of validated instruments.



- [School Guide - CASEL](#)
- [Wellbeing Guide for Students - Panorama](#)
- [Wellbeing Toolkit for Schools - Public Health England](#)
- [Resilience in School Environments / Healthier Generation Action Center](#) - digital hub with tools, trainings...

CARING CONTACTS - STRENGTHENING BELONGING DURING SOCIAL DISTANCING

"We care about you" ~ "We're sending caring thoughts" ~ "Thinking of you today"



No demand, caring contacts have been found to increase feelings of connectedness.

- [Caring Letters Can Help in Suicide Prevention](#) - CBS 8:28 min (Kevin Hines & Ursula Whiteside)
- If you or someone you know is suicidal or in emotional distress, please reach out to these resources.

SUICIDE LIFELINE 1.800.273.8255 (TALK)	CRISIS TEXT LINE Text "HEAL" to 741741	SAFER HOMES, SUICIDE AWARE Lock & limit medications/firearms
CRISIS CONNECTIONS 1.866.427.4747	TREVOR PROJECT - LGBTQ 1.866.488.7386	RECOVERY HELPLINE 1.866.789.1511

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Organization/Group	Resources & Topics
ACEs Connection Anxiety & Depression Association of America	- Balancing ACEs with Hope - Managing Anxiety - Resources for COVID
Call 211 Crisis Text Line - Text "HEAL" to 741741 24/7	- Find help with food, childcare, housing bills etc. - Isolation & COVID
CASEL Cares Initiative Coalition to Support Grieving Students	- Teaching Tolerance / Facing History & Ourselves - Higher Ed Administrators / Grief & Self Care for Professionals
Child Mind Institute CNN Health	- How to Talk to Kids about COVID-19 / Supporting Families - Facebook Live Video Chats / Talking to Your Kids
Comedy Cures Foundation / Laugh Line 1-888-Ha-Ha-Ha-Ha! (1-888-424-2424)	- For anyone living with illness, depression, trauma, disabilities. - Hear comedians and jokes. Record your own joke!
Eating Disorder Hotline 24/7 800-799-7233	- Call or use the secure chat feature. - Where Do I Start?
Daring Classrooms - Brene Brown DBT in Schools - Jim & Lizz Dexter-Mazza	- 3 Changemakers in Education / Collective Vulnerability - Parenting during COVID & student life skills to survive & thrive
Eluna Erika's Lighthouse	- Grief & Addiction / Camps & Programs - Teen Depression Toolbox / Managing Anxiety Videos for Teens
Forefront Suicide Prevention Google	- Community LEARN - Webinar Training / DBT Skills at Home - Use forms to create mood check-ins with your students.
JED Foundation	- Managing Stress During Distance Learning - Set to Go / Seize the Awkward / Pressure to Be Perfect
League of Education Voters	- Meal service, tech and mental health support and more. - How to Teach During COVID / Teachers of the Tear on COVID
LGBTQ - Parents Project	- Resources for adults who interact with LGBTQ youth. - Coming Out e-Care Package / My Kid Is Gay
MHTTC / Mindful Schools MindUP / Mental Health Awareness Month	- School mental health training webinar series & TA. - Evidence-based mindfulness program for students.
National Alliance on Mental Illness (NAMI)	- Information guide. - COVID-19 Information & Resource Guide
National Association of School Psychologists National Child Traumatic Stress Network	- Brief action steps for school crisis teams. - Parent Guide & Facts / Activities for Children & Teens
OSPI On Point - WBUR	- School closures, parent guide and more. - Webinar Series on COVID / Staying Resilient During COVID
Recovery Hotline -1-866-789-1511 24/7 Recovery Meetings (Virtual)	- Mental health, substance use, problem gambling help. - Virtual meetings & resources for maintaining your recovery.
SAMHSA / Safe Space Sources of Strength	- Taking Care of Your Behavioral Health - Interactive Tools & Resources / Activities for Adults & Teens
Sexual Assault Hotline (RAINN) 24/7 1-800-656-HOPE (4673)	- When you call, you'll be routed to a local affiliate organization. - Includes a live chat feature.
Suicide Prevention Lifeline 24/7 1-800-273-TALK (8255)	- Free and confidential support for people in distress. - Coping Tips During COVID-19
Suicide Prevention Resource Center	- Worried About Someone on Social Media? - Learn more. - Mental Health Support During COVID-19
Trans Lifeline: 877-565-8860 24/7	- Hotline, resources and peer support services. - Trans Community & COVID-19
Trevor Project: 866-488-7386 24/7	- Crisis and suicide prevention services to LGBTQ youth. - Well-being on Instagram