

# **Resources for Counseling and Mental Health**

# HOW TO SUPPORT YOUR CHILD'S MENTAL HEALTH



LOVE
Be there for your child and show care and love



SUPPORT Encourage and praise your child



CONVERSATION Encourage your child to talk to you



FEELING Get to know how your child is feeling



EXERCISE

Excercise has physical and emotional benefits



BEHAVIOR
Keep an eye out
for changes
in behavior



REST TIME

Help your child
build rest time into
their routine





EDUCATION

Learn signs and
symptoms of mental
health problems



LISTENING
Make sure to listen
to what your
child has to say



COPING
Help your child learn simple coping skills

such as relaxation

For more information on supporting your child's mental health, contact your child's school counselor.





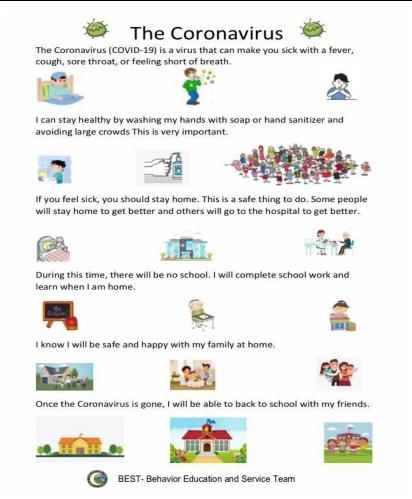
For more helpful information and tips follow the <u>Dickinson</u> <u>Gator Wellness Facebook page</u> or check out your child's school counselor's webpage or google classroom.



#### **Counseling & Social Emotional Learning**

# Talking to Children about COVID-19

Information for Parents	Resources for Students
Talking to Children about COVID-19 (Coronavirus):  A Parent Resource	Just for Kids: A Comic Exploring the New Coronavirus
PBS Kids: How to Talk to Your Kids About Coronavirus	Brain Pop Video About the Coronavirus
Talking to Kids about the Coronavirus	The Yucky Bug by Julia Cook
How to Talk to Kids About the Coronavirus	Book about COVID-19 to support and reassure children (in several languages)
Coping with COVID-19 A Free Handout for Parents and Teachers	Why Can't I Go To School? A Social Story





### **Counseling & Social Emotional Learning**

# **Stress Management**

Information for Parents	Resources for Students
Kids Health resources for a variety of circumstances	How to make a stress ball
Apps for anxiety, stress relief and relaxation for kids and adults	How to manage stress and worry video
Stress Management for Parents	How to make a calming/sensory bottle
Tips for Parenting During the Coronavirus (COVID-19) Outbreak	Guided imagery exercises for children (to reduce stress, pain and other symptoms)

# **Mindfulness Resources**

Information for Parents	Resources for Students
Family Mindfulness Schedule	Yoga for Uncertain Times
21 Mindfulness Activities for Home (free download)	Pamela Rand's YoGuides
25 Fun Mindfulness Activities	3 Minute Body Scan Video
Why and How to Teach Your Kids Mindfulness	I Am Peace read aloud

#### **General Mental Health Resources**

The Center for Mental Health Services	The National Child Trauma Stress Network
Self Esteem Videos for Elementary Students	

# Resources for Students of All Ages Dealing with Cyberbullying

Cyberbullying- FraudSupport	Cyber bullying resource from NASP
Online Safety and Cyberbullying Resources	A Thin Line



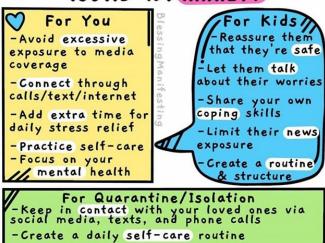


# **Dealing with Anxiety**

Information for Parents	Resources for Students
The Child Anxiety Network	Create a Worry Warrior
Care for your Coronavirus Anxiety	Activities for Anxious Kids
WorryWise Kids	Coping Skills Anxiety
Calming Anxiety in Children	5 Ways to Deal with Anxiety for Teens



# MANAGING CORONA VIRUS (COVID-19) ANXIETY

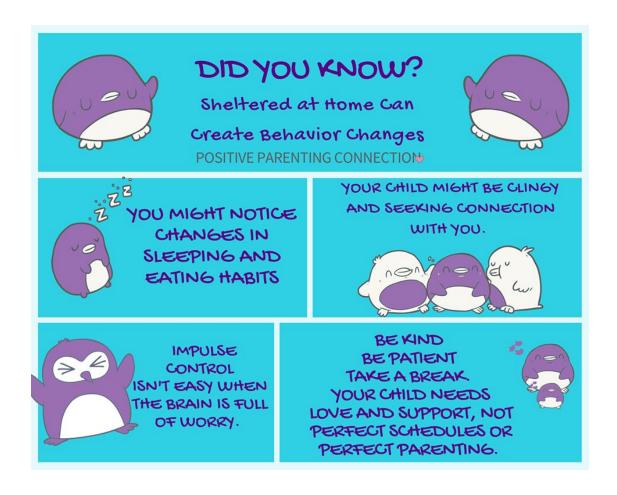


- Keep yourself busy: games, books, movies

-Focus on new relaxation techniques

# **4 SELF CARE TOOLS** FOR LIVING WITH **ANXIETY** MENTAL HEALTH FIRST AID USA **RELAXATION TRAINING** tensing and relaxing various muscle groups can help someone voluntarily **EXERCISE** getting up and moving for 30 minutes a day (think walking, jogging or lifting weights) can help mitigate some symptoms of anxiety. **SELF-HELP BOOKS BASED** ON CRT books using theories of cognitivebehavioral therapy can help someone work through periods of heightened anxiety. **MEDITATION** learning to clear your mind through meditation can be a great tool to alleviate anxiety and stay present. HEALTH source: Mental Health First Aid USA for more info: mentalhealthfirstaid.org





# **Behavior Management Techniques**

Behavior Management Techniques from CPI	Bring Out the Best In Your ChildrenAmerican Academy of Pediatrics
Managing Problem Behavior at Home	Top 5 Behavior Management Strategies For Parents
10 ADHD Behavior Management Strategies	What's the Best Way to Discipline My Child?
Positive Parenting Connection	



### **Mental Health Resources**

#### **Hotlines:**

Crisis Hotline 24/7 hrs	713-468-5463 / 713-HOTLINE Espanol: 713-526-8088
Teen Crisis Hotline	713-529-8336
National Suicide Prevention Lifeline Chat securely and confidentially: www.suicidepreventionlifeline.org	1-800-273-TALK (8255) 1-888-628-9454 (Spanish) 1-800-SUICIDE
Gulf Coast Center (24-Hour Crisis Hotline) Mobile Crisis Outreach Team	866-729-3848
National Runaway Switchboard	1-800-RUNAWAY
TREVOR Lifeline (LGBTQ)	(866)488-7386 or Text START to 678678
National Human Trafficking Hotline	(888) 373-7888 or Text 233733
United Way (information & referral)	211

#### **Community Resources:**

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Family Service Center of Galveston County	(281) 576-6366
Gulf Coast Center	(800) 643-0967 / (409) 763-2373
Innovative Alternatives	(713) 222-2525
The Krist Samaritan Counseling Center	(281) 480-7554
New Dimensions Day Hospital	(800) 685-9796
Depelchin Children's Center	(713) 730-2335
NAMI (National Alliance for the Mentally III)	(281) 579-3750
UTMB Behavioral & Mental Health	(409) 772-3695 / (888) 886-2543

#### Mental Health Deputies: Must Be a Danger to Self Or Others

Galveston County Sheriff's Dept.	(409) 766-2323
Brazoria County Sheriff's Dept.	(281) 331-9000 / (979) 849-2441
Harris County Mobile Crisis Unit	(713) 970-4621
League City Police Dept. Guardian Program	(281) 332-2566

If danger to self or others call 911 or go to the nearest emergency room.

#### **Counseling & Social Emotional Learning**



#### Resource & Crisis Center of Galveston County

Toll Free: 1-888-919-SAFE (7233)

Local: 409-765-SAFE (7233)

Intake services for shelter program.

- · Information and referrals for survivors and their concerned friends and family members.
- · Immediate assistance in English and Spanish.
  - oIf there are no staff available that speak the preferred language, then the caller would be assisted through the use of language Line Solutions. (800)752-6096
- · Medical Accompaniment Advocates are on 24-hour call in order to accompany and advocate for survivors of domestic violence and sexual assault at local hospitals.

#### Hotlines - Where to Call for Help

#### Crisis

#### Houston Area Women's Center - WIRES

713-528-2121

7 days a week, 24 hours a day •Hotline for abused men and women • Has a shelter and operates Safe Harbor program for temporary emergency shelter if all other shelters are at capacity •Arranges emergency transportation to safety •Dispatches Domestic Violence Accompaniment Advocates (DVAAs) who are on 24-hour call to accompany and advocate for survivors at local hospitals

MHMRA Helpline 713-970-7000

7 days a week, 24 hours a day •Call if in crisis •Call if need to be directed to mental health treatment or developmental disability assistance for self or someone else •Call for resources

#### <u>Medical</u>

#### **Poison Control Center**

1-800-222-1222

7 days a week, 24 hours a day •Poison emergency • Someone has taken the wrong medication/ mixed medication • Someone has breathed, eaten or touched chemicals