

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

Exercise has physical and emotional benefits



EDUCATION

Learn signs and symptoms of mental health problems



BEHAVIOR

Keep an eye out for changes in behavior



LISTENING

Make sure to listen to what your child has to say



REST TIME

Help your child build rest time into their routine



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.

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



The Coronavirus



The Coronavirus (COVID-19) is a virus that can make you sick with a fever, cough, sore throat, or feeling short of breath.



I can stay healthy by washing my hands with soap or hand sanitizer and avoiding large crowds This is very important.



If you feel sick, you should stay home. This is a safe thing to do. Some people will stay home to get better and others will go to the hospital to get better.



During this time, there will be no school. I will complete school work and learn when I am home.



I know I will be safe and happy with my family at home.



Once the Coronavirus is gone, I will be able to back to school with my friends.



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

Anxiety presents itself in many different ways...

www.thepathway2success.com

The desire to control people and events 

Difficulty getting to sleep 

Feeling agitated or angry 

Defiance and other challenging behaviors 

Having high expectations for self, including school work & sports 

Avoiding activities or events (including school) 

Pain like stomachaches and headaches 

Struggling to pay attention and focus 

Intolerance of uncertainty 

Crying and difficulty managing emotions 

Over-planning for situations and events 

Feeling worried about situations or events 

www.thepathway2success.com Clipart by Kate Hadfield & Sarah Pecorino

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 relax.



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 CBT

books using theories of cognitive-behavioral 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.



MENTAL HEALTH FIRST AID®

BE THE #1 TO MAKE A DIFFERENCE



source: Mental Health First Aid USA
 for more info: mentalhealthfirstaid.org

MANAGING CORONA VIRUS (COVID-19) ANXIETY

For You

- Avoid excessive exposure to media coverage
- Connect through calls/text/internet
- Add extra time for daily stress relief
- Practice self-care
- Focus on your mental health

For Kids

- Reassure them that they're safe
- Let them talk about their worries
- Share your own coping skills
- Limit their news exposure
- Create a routine & structure

Blessing Manifesting

For Quarantine/Isolation

- Keep in contact with your loved ones via social media, texts, and phone calls
- Create a daily self-care routine
- Keep yourself busy: games, books, movies
- Focus on new relaxation techniques

DID YOU KNOW?
 Sheltered at Home Can
 Create Behavior Changes
 POSITIVE PARENTING CONNECTION

YOU MIGHT NOTICE CHANGES IN SLEEPING AND EATING HABITS

YOUR CHILD MIGHT BE CLINGY AND SEEKING CONNECTION WITH YOU.

IMPULSE CONTROL ISN'T EASY WHEN THE BRAIN IS FULL OF WORRY.

**BE KIND
 BE PATIENT
 TAKE A BREAK
 YOUR CHILD NEEDS LOVE AND SUPPORT, NOT PERFECT SCHEDULES OR PERFECT PARENTING.**

Behavior Management Techniques

Behavior Management Techniques from CPI	Bring Out the Best In Your Children--American 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:

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 Ill)	(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.

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.**
 - **If 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 (DVAAAs) 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

Medical

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