

## Mental Health Needs

Schools can assist school and community members who feel anxious regarding the COVID-19 outbreak. Additionally, they can be a source of valid information to assist in dispelling rumors and misunderstandings. Below are resources that address mental health needs of students and communities during an infectious disease outbreak. In addition to utilizing the mental health professionals in schools, available resources to assist schools include:

Coping with Stress during Infectious Disease Outbreaks,

<https://store.samhsa.gov/system/files/sma14-4885.pdf>

Following are resources that may be helpful in talking to students about the COVID-19:

- Just for Kids: A Comic Exploring the New Coronavirus

<https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploringthe-new-coronavirus>

- Fear of Coronavirus- A Good Time to Talk to Kids About Keeping Fears Realistic and Manageable.

Lois M. Collins, Deseret News, Jan. 28, 2020

<https://www.deseret.com/indepth/2020/1/28/21112457/fear-coronavirus-china-children-anxietyhealth-medicine-virus>

- How Do You Talk to Children About Coronavirus? Stay Honest and Simple to Avoid Anxiety.

Gene Myers NorthJersey.com, USA Today, Feb. 28, 2020

<https://www.usatoday.com/story/news/health/2020/02/28/talking-children-coronavirus-keepsimple-avoid-stress/4906147002/>

- How to Talk to Your Kids About the Coronavirus (and Ease Their Fears)

Vivian Manning-Schaffel, NBC News, Updated March 2, 2020

<https://www.nbcnews.com/better/lifestyle/how-talk-your-kids-about-coronavirus-ease-theirfears-ncna1129851>