Due to school closure, families may be overwhelmed with the responsibility of teaching their children at home and maintaining a healthy and happy home environment. It is important to observe your child for any indicators of mental stress & find effective ways to help them cope.

**KNOW THE SIGNS**

- A decrease in energy or activity
- Difficulty sleeping
- Feelings of nervousness or restlessness
- Changing eating habits
- Moving more
- Feeling a bit more irritable
- Feeling more sad or blue
- Thinking about death or suicide

**TIPS TO TRY AT HOME**

**Maintain Routines**

Keep routines in place. Being consistent and structured can be calming to your child during stressful times.

**Parent Self-Care**

Prioritize your well-being benefits the whole family. Engage in healthy activities that promote positive feelings. Read a book, listen to music, talk to other adults.

**Positive Moments**

Play games, cook or take something together. Look for moments to create happy memories. Find some great ideas here.

**Movement**

Get moving! Exercise, yoga, mindfulness, walking—all have proven mental health benefits in addition to helping physical fitness.

Consider physical activities where the whole family can do it together, daily.

**Talk with your children**

Ask your child about their concerns and provide reassurance. Let them know we will all get through this together. Need help knowing what to say? Follow the guidelines here.

**Resources**

- The DBH Warm Line provides non-emergency emotional and coping support to community members. Warm line operators provide supportive listening, practical coping ideas, and information on how to get connected to behavioral health services.

For more resources, activities, and info click the image above

We are here for you and want to help! #UnifiedAtHome