# Your Child's Mental Health

Talk to your children in an open and honest way about COVID-19. They need reassurance that things will be okay and that they can ask questions of someone they trust.

- Younger children may show fear and worry by withdrawing or becoming clingy with a parent or caregiver. They may have stomach aches or changes in sleeping habits.

- Older children may argue with others and seem distant from family and friends. They may act differently than usual.Mental health and stress can look differently for children than it does for adults. Children often show how they are feeling through their behaviors.

## Signs of Stress in Children

### BEHAVIORAL

- Clingy
- Increase in irritability or worrying
- Acting out behaviors
- Having trouble relaxing or sleeping

### PHYSICAL

- Headaches or other pain
- Changes in appetite or eating habits
- Easily startled
- Stomach aches

### EMOTIONAL

- Feeling anxious or nervous
- Feeling angry
- Feeling sad or depressed
- Not caring about anything

### THINKING

- Feeling confused
- Trouble remembering
- Difficulty concentrating or paying attention
- Difficulty making decisions

# Do These To Help Your Child Feel Better

Have your child write or draw a hero story where they overcome a challenge

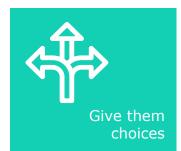Schedule meaningful family time

Listen and talk about worries your child expresses--especially during play

Encourage positive coping activities like:
- Deep breathing
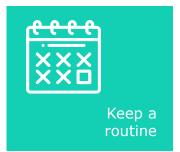- Physical activity
- Writing in a journal

Keep a routine

Limit how much news they see or read

Be a calming example

Answer questions honestly and clearly

Give them choices

# Mental Health Resources

**24/7 National Suicide Prevention Lifeline:** (800) 273-TALK suicidepreventionlifeline.org

**24/7 Disaster Distress Helpline:** (800) 985-5990 - TEXT "TalkWithUs" to 66746

**Utah Emotional Health Relief Hotline:** (833) 442-2211 - counseling in 19 languages, 10a-10p

**SafeUT** App and youth crisis text and tip line

**2-1-1 or 211utah.org** - connect to mental health, substance use, emergency child care services

**Utah Parent Center** - resources for caregivers of individuals with special needs

**myStrength** - behavioral health app; free with code UDHSguest33