Child Mental Health Needs during COVID-19
Results from the Family Strengths Survey

why it’s normal for your child not to seem normal right now

- school disrupted
- uncertainty about the future
- fewer outlets for stress relief

Ways to help your child thrive!

- spend time outside
- get plenty of sleep
- limit screen time
- try not to have the news on all day
- listen to your child with love & support
- address fears
- stay connected safely
- stick to a schedule
- encourage your child to share their feelings

Just 25% of parents & caregivers felt they could support their children’s social, emotional, and mental well-being as much as they wanted.

More than 10% of families are using more mental & behavioral health services than they did before the pandemic started.

Watch for signs that your child may need more support:

Children who feel sad, depressed, hopeless, nervous or angry during the pandemic may need more support. Many pediatricians, therapists, counselors, and psychiatrists offer telemedicine visits and telephone visits. Please call your child’s doctor for any questions about mental health services, behavioral issues, or development.

Check out these resources:

- sova.pitt.edu
- NAMI Keystone Pennsylvania
- Smiling Mind
- Pennsylvania Department of Health: Suicide Prevention

The Pittsburgh Study
Family Strengths Survey
UPMC Children's Hospital of Pittsburgh
University of Pittsburgh