Child Mental Health Needs during COVID-19

Results from the Family Strengths Survey

why it's normal for your child <u>not</u> to seem normal right now

school disrupted

uncertainty about the future

fewer outlets for stress relief

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.

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

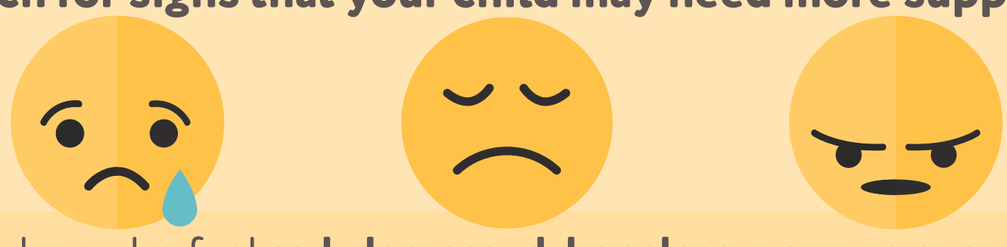
address fears

stay connected safely

stick to a schedule

encourage your child to share their feelings

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

B D T IN SCHOOLS

sova.pitt.edu

Breathe, Think, Do with Sesame — SESAME STREET

SMILING MIND

NATIONAL SUICIDE PREVENTION LIFELINE 1-800-273-TALK www.suicidepreventionlifeline.org

NAMI National Alliance on Mental Illness | Keystone Pennsylvania

The Pittsburgh Study
Family Strengths Survey

UPMC | CHILDREN'S HOSPITAL OF PITTSBURGH

University of Pittsburgh