

Managing Anxiety and Enhancing Self-Care: Supporting Youth and Caregivers during the COVID-19 Pandemic

The COVID-19 pandemic has presented many additional unique challenges for families. With this in mind, we want to take time share resources focusing on communication, reducing anxiety and meeting self-care needs for families.

Helpful Websites:

The following websites provide reputable information on identifying and addressing mental health concerns associated with COVID-19. Information is also offered on how to talk with children about this topic.

- [CDC Information on Managing Anxiety & Stress](#)
- [Supporting Families during COVID-19](#)
- [SAMHSA Coping with Stress During Infectious Disease Outbreaks](#)
- [SAMHSA Taking Care of Your Behavioral Health: Tips for Social Distancing, Quarantine, and Isolation During An Infectious Disease Outbreak](#)
- [National Alliance on Mental Illness – COVID-19 \(Coronavirus\) Information and Resources](#)
- [American Psychological Association General Resources for COVID-19](#)
- [American Academy of Pediatrics – Talking to Children About Tragedies & Other News Events](#)

Helpful Apps:

There are many apps providing cognitive-behavioral interventions to address anxiety and self-care needs. While an exhaustive list of apps cannot be provided here (because there are thousands of them), the following list includes some of the top rated apps from last year: [Best Anxiety Apps for 2019](#)

Please be cautious when deciding whether or not to download an app specific to COVID-19. While reputable apps are being developed, some apps have been released in recent days preying on peoples' current vulnerabilities. Efforts are being made to vet new apps, but please be diligent when downloading.

Family fun:

Encourage your child and teen to develop hobbies and interests, including activities that do not involve electronics use. There are many websites offering suggestions for enjoyable family activities, including zoos and children's museums. Here is one option for activities at home:

<https://www.nctsn.org/resources/simple-activities-children-and-adolescents>

How to Access Mental Health Care though Telehealth:

Access to telehealth for mental health needs is rapidly growing during this time of global uncertainty. This will be an evolving resource in the coming weeks. Please contact your local mental health care agencies or health care providers to find out more about whether or not you may be able to participate in mental health services from your home.

Supports for Crisis Intervention:

Uncertainty and isolation, such as that caused by COVID-19, can lead to thoughts of self-harm. If you or anyone you know experiences thoughts of self-harm, please do the following:

Department of Psychology
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- Contact the [Suicide Prevention Lifeline](#) at 1-800-273-TALK (8255) or the **National Helpline** at 1-800-662-HELP (4357) for confidential supports and intervention. The [My3](#) app is also a wonderful resource.
- Take yourself or your loved one to your nearest emergency room for immediate assessment and intervention. Call 911 if additional assistance is needed.