Parents Guide to Maintaining Your Family's MENTAL HEALTH During COVID-19
COPING WITH COVID-19

The outbreak of coronavirus disease 2019 (COVID-19) may be stressful for you and your children. While we practice physically distancing ourselves from others, strong emotions regarding our changing environment can emerge. Coping with emotions by engaging with your mental health provider or reaching out to a mental health provider can help make you, the people you care about and your community stronger.

Awareness of how you and your child feel during the COVID-19 outbreak is essential.

Each person can have a different reaction to the rapid changes occurring in your daily routines. How you respond may depend on your background, your experiences, and the changing circumstances in your life. Awareness of how you and your child feel during the COVID-19 outbreak is essential.
SYMPTOMS TO WATCH FOR

Are you or your child experiencing any of the following?

- Excessive fear, worry, or sadness
- Unhealthy changes in sleep or eating patterns
- Difficulty sleeping or concentrating
- Excessive crying or irritation in younger children
- Returning to behaviors once outgrown in children (example: toileting accidents or bed-wetting)
- Irritability and “acting out” behaviors in teens
- Poor motivation to maintain at-home school work or avoiding school
- Difficulty with attention and concentration
- Avoidance of activities enjoyed in the past
- Unexplained headaches or body pain
- Use of alcohol, tobacco, or other drugs

If so, it is important to continue with mental health treatment and let your provider know about new or worsening symptoms. If you do not have a mental health provider and are experiencing symptoms, Burrell is here to help.
Telephone Services

New and existing clients can now receive care over the phone. This allows you and your family to receive care from the comfort of your home. Call or visit burrellcenter.com to learn more.