

April 3, 2020

# Mental Health Matters

Presented by: Community Mental Health for Central Michigan

Community Mental Health for Central Michigan – Mecosta County – 231-796-5825

Community Mental Health for Central Michigan – Osceola County – 231.832.2247

## WHAT IS THE CORONAVIRUS?

### AND HOW TO HELP KIDS COPE

Community Mental Health for Central Michigan first wants to extend wellness wishes and encouragement to our local families. This national crisis has been difficult for everyone. We hope to provide useful

information and support throughout this time. The Coronavirus (COVID-19) has taken the world by storm, and left many of us confused and uncertain about next steps.

Helping your children understand and make sense of the world around them is difficult on a 'normal' day. As parents and trusted adults, you play an important role in helping children cope. The CDC has created some simple tips to help with this conversation.

Helping your children understand and make sense of the world around them is difficult on a 'normal' day. As parents and trusted adults, you play an important role in helping children cope. The CDC has created some simple tips to help with this conversation.

## WE CAN ALL KEEP OUR COMMUNITY SAFER BY:

- Preventing exposure to the virus.
- Washing your hands often for at least 20 seconds and avoid touching your eyes, nose, and mouth.
- Avoiding close physical contact with others (remaining at least six feet apart from anyone outside of your household).
- Staying home if you are sick or display any symptoms (fever, cough, or shortness of breath).
- Cleaning and disinfecting frequently touched surfaces (doorknobs, electronics, light switches, etc).

WE'RE ALL IN THIS TOGETHER.

- **Remain calm and reassuring:**

- Remember that children will react to what you say and how you say it

- **Make yourself available to listen and to talk.**

- Be sure children know they can come to you when they have questions.

- **Avoid language that might blame others and lead to stigma.**

- Remember that viruses can make anyone sick, regardless of a person's race or ethnicity.

- **Pay attention to what children see or hear on television, radio, or online.**

- Consider reducing the amount of screen time focused on COVID-19.

- **Provide information that is honest and accurate.**

- A variety of up to date information can be found at: <https://www.cdc.gov/>

Keeping a consistent schedule for yourself and your children during this time can also help create a sense of normalcy.

Sticking to a daily routine can lead to lower stress levels, better sleep and better overall health.

**Examples of ideas to include in a daily schedule for yourself and your children**

**include:** a time to wake up, meal and snack times, break times, chore times, family times, bed times, hygiene routines such as showering, brushing teeth and hair etc. Additional ideas for your own schedule may include work hours, time for relaxation and exercise. Additional items for your child's schedule may include reading and school work time, play time (indoors and outdoors), craft time and electronic time.

**And remember, while we are practicing social distancing, we all remain part of this community--we are truly all in this together.**

Resource: <https://www.cdc.gov/coronavirus/>



**IF YOU OR  
SOMEONE YOU  
KNOW IS IN NEED  
OF SUPPORT:**

**Community Mental Health for Central Michigan Crisis Line  
1-800-317-0708**

**National Alliance of Mental Illness (NAMI) Helpline  
1-800-950-NAMI (6264)**

Community Mental Health for Central Michigan – Mecosta County – 231-796-5825  
Community Mental Health for Central Michigan – Osceola County – 231-832-2247