Mental Health Resources

Great resources for student Mental Health can be found at: <https://childrensmentalhealthcampaign.org/resources/covid-19-resources>

This includes the opening of schools:

[EEC Reopening Approach & Regulations](https://eeclead.force.com/resource/1591036172000/Min_Req)

[MassAIMH "Going Back to School" social story](https://docs.google.com/presentation/d/1wJsXgKEYsRUhSp43JJB97wamsPTLwvcJc9YQ1ebwmjk/edit?usp=sharing) to help prepare young children for return to school. Download it to customize it for the children in your life. MassAIMH has also gathered [resources/tipsheets](https://massaimh.org/member-resources/early-education-and-care-reopening-resources/) from their partners in the National Alliance for the Advancement of Infant Mental Health. These are located at the bottom of the page.

[OCA and UMass Medical](https://www.mass.gov/info-details/covid-19-resources-for-early-childhood-educators) Covid-19 Resources for Early Childhood Educators

[Child Mind Institute](https://childmind.org/article/managing-anxiety-during-reopening/?utm_source=newsletter&utm_medium=email&utm_content=Managing%20Anxiety%20During%20Reopening&utm_campaign=Weekly-07-14-20) Managing Anxiety During Reopening

[Mayo Clinic](https://www.mayoclinic.org/patient-education?VID=VID-20483010) video to prepare children for a Covid-19 nasal swab test, to help ease some of their potential fear and anxiety. This video is appropriate for children four and older.

Videos on Mental health for students and caregivers:

For children

<https://youtu.be/2I943-gP904>

For teens

https://youtu.be/\_majElGDVYw

# Rensselaer Co Mental Health: 518-270-2800