COVID-19 and Wellness Control Panel

MENTAL HEALTH AND WELLNESS

March 2022

COVID-19 INFORMATION AND RESOURCES

- Know the Signs and Where to Go
- When You Are Sick - English
- When You Are Sick - Spanish
- 3 Key Steps to Take While Waiting for Your COVID Results

SCHOOL INFORMATION AND RESOURCES

Elementary Schools
- Make Vaccine Shots Less Stressful and Painful for your Child - English
- Make Vaccine Shots Less Stressful and Painful for your Child - Spanish

Middle and High Schools
- Alcohol and COVID-19: What You Need to Know - English
- Alcohol and COVID-19: What You Need to Know - Spanish
- If You Think your Friend Has a Substance Use Problem

PARENT INFORMATION AND RESOURCES
- Sleep and Your Emotional Mental Health
- Good Sleep Habits for Children - English
- Good Sleep Habits for Children - Spanish

TEACHER INFORMATION AND RESOURCES
- Sleeping Well for Your Mental Health - English
- Sleeping Well for Your Mental Health - Spanish

VIDEOS AND FLYERS
- School Engaging Parents in Social Emotional Learning

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