



# 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](#)

