



# COVID-19 and Wellness Control Panel

USVI CHILDREN AND YOUTH TASK FORCE

April 2022

## COVID-19 INFORMATION AND RESOURCES

[National COVID-19 Resiliency Network Resource Links \(English\)](#)

[National COVID-19 Resiliency Network Resource Links \(Spanish\)](#)

[Speaking Up About Mental Health Essay Contest \(Time Sensitive\)](#)

[Alcohol and COVID-19 \(Alcohol Awareness Month\)](#)

[Helping Children Cope with Stress During COVID-19](#)

[6 Tips for COVID-19 Parenting](#)

[6 Myths About COVID-19](#)

[Is It Allergies or COVID-19](#)

[CDC Community Levels Tool](#)

## MENTAL WELLNESS AND RESOURCES

[National Minority Health Month](#)

[Teen Depression](#)

[Teen Depression \(Spanish\)](#)

[Warning Signs of Underage Drinking](#)

## SCHOOL AND PARENT RESOURCES

[Family Budgeting in Times of Financial Stress](#)

## VIDEOS AND FLYERS

[What Is Counseling and Telehealth](#)

[Social Emotional Learning](#)





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CHILDREN AND TEENS/SCHOOLS

April 2022

## COVID-19 INFORMATION AND RESOURCES

[NCRN Resource Link \(English\)](#)

[NCRN Resource Link \(Spanish\)](#)

[CDC Community Levels](#)

[Office of Minority Health Resources Toolkit](#)

## HEALTH AND WELLNESS

[Mindfulness Moment](#)

[5 Things to Know about Stress \(English\)](#)

[5 Things to Know about Stress \(Spanish\)](#)

[Fight Stress with Healthy Habits \(English\)](#)

[Fight Stress with Healthy Habits \(Spanish\)](#)

## SCHOOL INFORMATION AND RESOURCES Elementary Schools

[Stand Up to Stress Coloring Book \(English\)](#)

[Stand Up to Stress Coloring Book \(Spanish\)](#)

## Middle and High Schools

[Alcohol and COVID-19](#)

[Underage Drinking: Myths vs. Facts](#)

## PARENT INFORMATION AND RESOURCES

[It's Okay to Ask for Help](#)

[Recommendations for people with COVID-19 and Isolation](#)

## VIDEOS AND FLYERS

[Managing Psychological Distress during COVID](#)

[Counseling and Telehealth](#)

