



# COVID-19 and Wellness Control Panel

CHILDREN AND TEENS/SCHOOLS

May 2022

## COVID-19 INFORMATION AND RESOURCES

[10 Ways to Protect Yourself Against Infections](#)

[Protect Yourself: Avoid Vaccine Scams](#)

[CDC Community Levels](#)

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

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



## TEACHER INFORMATION AND RESOURCES

[Navigating a Mental Health Crisis](#)

[Mindfulness Moment](#)

## SCHOOL INFORMATION AND RESOURCES

Elementary Schools

[Is This Just a Stage](#)



Middle and High Schools

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

## PARENT INFORMATION AND RESOURCES

[You Matter! Coping During COVID-19](#)

[My Mental Health-Do I Need Help?](#)

[5 Ways to Support Your Teens Mental Health](#)



# COVID-19 and Wellness Control Panel

USVI CHILDREN AND YOUTH TASK FORCE

May 2022



## COVID-19 INFORMATION

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

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

[Mindfulness Moment Video](#)

[COVID-19 and Your Resilience Video](#)

[Practice the Pause Video](#)

[You Matter! Coping During COVID-19 and Beyond Flyer](#)

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

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

[COVID-19 to Treat Fact Sheet](#)

[10 Ways to Protect Yourself and Others Against Infections](#)

## HEALTH AND WELLNESS

[Tips for Talking with Your Health Care Provider](#)

[Recognizing When You Need Help with Your Mental Health](#)

## SCHOOL AND PARENT RESOURCES

[Helping Your Child Feel Connected to School](#)

[Youth Violence Prevention Resources for K-12 Schools](#)