



COVID-19 and Wellness Control Panel

CHILDREN AND TEENS/SCHOOLS

COVID-19 INFORMATION AND RESOURCES

[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 OK to Ask for Help Presentation](#)

[COVID-19 Treat Fact Sheet](#)

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

[COVID-19 by County](#)



TEACHER INFORMATION AND RESOURCES

[Navigating a Mental Health Crisis](#)

[Mindfulness Moment](#)

[Handwashing is Your Superpower](#)



SCHOOL INFORMATION AND RESOURCES

[Elementary Schools](#)

[Is This Just a Stage](#)

[Middle and High Schools](#)

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



SCHOOL AND PARENT RESOURCES

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

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

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

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

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

HEALTH AND WELLNESS

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

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

