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March 26, 2020

To: BOCES District Superintendents

Superintendents of Public School Districts

Principals of Public Schools Charter School Leaders Principals of Private Schools

From: Kathleen R. DeCataldo

Subject: Resources for Mental Health and Talking to Young People About COVID-19

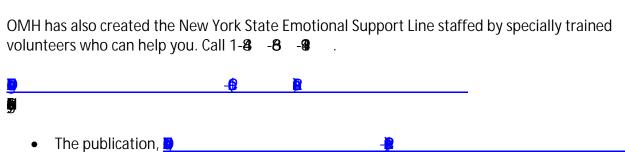
Feeling anxiety amid a global pandemic is normal and natural for everyone. As the adults, it's critical that we take care of our own mental and physical health, and that will help us to better support our young people. The following resources offer guidance for self-care as well as strategies for talking about COVID-19 honestly and effectively with young people.



The outbreak of COVID-19 around the world has led to the spread of fear and panic for individuals and communities. In addition to following physical precautions guidelines, individuals should be taking care of their psychological well-being.

This guide includes tips for the following populations:

- For Everyone
- For Individuals Receiving Mental Health Services
- For Parents, Including Parents of Children with Pre-





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Executive. School Districts and families are encourage to check out the many mental health trainings and resources on its $\underline{\text{website}}$.

•	At this time, information about COVID-19 is rapidly evolving as new details are confirmed and new questions emerge. In the event of an outbreak in your community, as a parent/caregiver, your first concern is about how to protect and take care of your children and family. Knowing important information about the outbreak and learning how to be prepared can reduce your stress and help calm likely anxieties.													
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