

### MENTAL HEALTH

#### Local Resources

Ashland Department of Human Services

<https://www.ashlandmass.com/229/Department-of-Human-Services>

Ashland Public Schools - Department of Counseling & SEL

<https://sites.google.com/ashland.k12.ma.us/ashlandsel/home>

Behavioral Health Partners MetroWest

<https://www.bhpmw.info/>

Framingham Family Resource Center

<https://www.waysideyouth.org/aboutus/ourservicesoverview/services/waysidemetrowest/familyresourcecenter/>

Framingham State University

<https://www.framingham.edu/student-life/counseling-center/for-students/mental-health-care-in-the-community/index>

SMOC Behavioral Healthcare

<https://www.smoc.org/behavioral-health-services.php>

United Way of Tri-County

<https://www.uwotc.org/MASS211>

<https://www.uwotc.org/call2talk>

#### Websites

National Alliance on Mental Health

[nami.org](http://nami.org)

Mental Health America – Depression Screening Day

<https://www.mhanational.org/national-depression-screening-day>

#### Podcasts

Lynn Lyons: Fusterclux

<https://luxerecess.com/flusterclux/>



## MENTAL HEALTH & SUBSTANCE USE

### Articles

Mental Health Disorders and Teen Substance Use

<https://childmind.org/article/mental-health-disorders-and-substance-use/>

### Tip Sheets

DAET Parenting for Prevention: Anxiety

<https://www.ashlanddecisions.org/wp-content/uploads/2019/02/Anxiety-FINAL.pdf>

DAET Parenting for Prevention: Depression

<https://www.ashlanddecisions.org/wp-content/uploads/2019/02/Depression-FINAL.pdf>

DAET Parenting for Prevention: Social-Emotional & Mental Health

<https://www.ashlanddecisions.org/wp-content/uploads/2018/10/Social-Emotional-Mental-Health-FINAL.pdf>

DAET Parenting for Prevention: Stress

<https://www.ashlanddecisions.org/wp-content/uploads/2018/10/Stress-FINAL.pdf>

DAET Parenting for Prevention: Alcohol

<https://www.ashlanddecisions.org/wp-content/uploads/2018/10/Alcohol-FINAL.pdf>

DAET Parenting for Prevention: E-cigarettes, Vaping & JUULing

<https://www.ashlanddecisions.org/wp-content/uploads/2019/02/ECigarettes-Vaping-JUULING-FINAL.pdf>

DAET Parenting for Prevention: Marijuana

<https://www.ashlanddecisions.org/wp-content/uploads/2018/10/Marijuana-v2.1-FINAL.pdf>

DAET Parenting for Prevention: Opioids

<https://www.ashlanddecisions.org/wp-content/uploads/2018/10/Opioids-FINAL.pdf>

DAET Parenting for Prevention: Tobacco

<https://www.ashlanddecisions.org/wp-content/uploads/2018/10/Tobacco-FINAL.pdf>

## COVID-19

### Websites

Association of Child Life Professionals

<https://www.childlife.org/resources/covid-19-resources>

National Association of School Psychologists

<https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/helping-children-cope-with-changes-resulting-from-covid-19>

Society for Adolescent Health & Medicine

<https://www.adolescenthealth.org/COVID-19/COVID-19-Resources-for-Parents-and-Teens.aspx>

### Resource Kits

CDC COVID 19 Parent/Guardian Resource Kit (supporting kids ages 0-24)

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/parental-resource-kit/index.html>

## COVID-19 & YOUTH MENTAL HEALTH

### Articles

7 Ways Parents Can Help Kids Cope with Loneliness, Isolation & Grief during the Pandemic

<https://www.jdch.com/blog/2020/05/7-ways-parents-can-help-kids-cope-with-loneliness>

Checking in on Your Teenagers Mood during the COVID 19 Pandemic

<https://nyulangone.org/news/checking-your-teenagers-mood-during-covid-19-pandemic>

Coronavirus Isolation: Ten Lessons to Help Kids Cope

<https://www.allinahealth.org/healthyssetgo/thrive/coronavirus-isolation-10-lessons-to-help-kids-cope>

Mental Health during COVID-19: Signs Your Teen May Need More Support

<https://www.healthychildren.org/English/health-issues/conditions/COVID-19/Pages/Signs-your-Teen-May-Need-More-Support.aspx>

Tips to Help Teens Cope during COVID-19

<https://www.mentalhealthfirstaid.org/2020/04/tips-to-help-teens-cope-during-covid-19/>

### Tip Sheets

Voices Center for Resilience - Talking to Children about COVID 19

[https://media.voicesofseptember11.org/projects/tipsheets/covid19\\_tips\\_children\\_001.pdf](https://media.voicesofseptember11.org/projects/tipsheets/covid19_tips_children_001.pdf)

Voices Center for Resilience - Guidance for Individuals & Families

[https://media.voicesofseptember11.org/projects/tipsheets/covid19\\_tips\\_families\\_001.pdf](https://media.voicesofseptember11.org/projects/tipsheets/covid19_tips_families_001.pdf)

Voices Center for Resilience - Common Reactions to Stressful Situations

[https://media.voicesofseptember11.org/projects/tipsheets/covid19\\_tips\\_stress\\_001.pdf](https://media.voicesofseptember11.org/projects/tipsheets/covid19_tips_stress_001.pdf)

Voices Center for Resilience - Mental Health Considerations

[https://media.voicesofseptember11.org/projects/tipsheets/covid19\\_tips\\_mentalhealth\\_001.pdf](https://media.voicesofseptember11.org/projects/tipsheets/covid19_tips_mentalhealth_001.pdf)

Child Mind Institute Signs & Symptoms of Mental Health Problems in Children during COVID

<https://27c2s3mdcxk2qzutg1z80a91-wpengine.netdna-ssl.com/wp-content/uploads/WTI-tipsheet.pdf>

World Health Organization - Coping with Stress during the Coronavirus Outbreak

<https://www.who.int/docs/default-source/coronaviruse/coping-with-stress.pdf?ua=1>

## SCHOOL TRANSITION

### Articles

Back to School Anxiety during COVID

<https://childmind.org/article/back-to-school-anxiety-during-covid/>

How to Help Your Child Cope with the Transition Back to School during COVID-19

<https://theconversation.com/how-to-help-your-child-cope-with-the-transition-back-to-school-during-covid-19-144530>

Managing your own Anxiety during School Reopening

[https://childmind.org/article/managing-anxiety-during-school-reopening/?utm\\_source=newsletter&utm\\_medium=email&utm\\_content=Managing%20Your%20Own%20Anxiety%20During%20School%20Reopening&utm\\_campaign=Public-Ed-Newsletter](https://childmind.org/article/managing-anxiety-during-school-reopening/?utm_source=newsletter&utm_medium=email&utm_content=Managing%20Your%20Own%20Anxiety%20During%20School%20Reopening&utm_campaign=Public-Ed-Newsletter)

Supporting your Child's Mental Health during COVID-19 School Return

<https://www.unicef.org/coronavirus/supporting-your-childs-mental-health-during-covid-19-school-return>

Tips for a Smooth Transition Back to School

<https://www.ssmhealth.com/blogs/ssm-health-matters/august-2020/tips-for-a-smooth-transition-back-to-school>

## FAMILY COPING & SUPPORT

Child Mind Institute Supporting Families during COVID-19 (Parent guide, chats, tips, articles)

<https://childmind.org/coping-during-covid-19-resources-for-parents/>

## FOR EDUCATORS

Mass.gov - Tips for Early Childhood Educators during COVID-19 - When Children Worry

<https://www.mass.gov/doc/building-childrens-resilience/download>

Mass.gov - Tips for Early Childhood Educators during COVID-19 - Discussing the Virus with Young Children

<https://www.mass.gov/doc/discussing-the-virus-with-young-children/download>

Mass.gov - Tips for Early Childhood Educators during COVID-19 - Helping Children with Grief & Loss

<https://www.mass.gov/doc/helping-children-with-grief-and-loss/download>

Mass.gov - Tips for Early Childhood Educators during COVID-19 - Managing your Emotions through Self-Care

<https://www.mass.gov/doc/managing-your-emotions-through-self-care/download>

Child Mind Institute - Supporting Students Mental Health during COVID-19

<https://childmind.org/article/supporting-students-mental-health/>

