



A Simple Mental Health Tip Sheet for Mentors and Other Caregivers

Mental Health Association www.mhanational.org/covid19

www.youthlaw.org/mental-health-covid-19-statement

What to Consider

Young people are impacted by the Covid-19 infection in various ways. The research says, that beyond exposure to infection, they are more vulnerable for mental health issues such as anxiety and depression brought on by stress. For young people, the challenges include:

- Confinement is much harder for young people
- Adjusting to homeschooling can be very stressful
- Losing after school programming can add to the feeling of isolation
- Young people often react more acutely to adult stress
- They can have a fear that their basic needs may not be met
- Children with pre-existing mental health conditions are at higher risk
- Symptoms may vary
 - Irritability
 - Clinginess
 - Regressive behaviors
 - Overly demanding

How You Can Help

The existence of one caring adult who is empathetic and sympathetic can create the consistency that leaves children feeling better protected. They can help:

- Calmly set limits/boundaries
- Continual social connection i.e. video chats and letters can improve resilience to adversity
- Withholding or avoiding the truth about the crisis can exacerbate an already active imagination
- Keep all information age appropriate
- Limit media exposure
- Maintaining a routine is essential for a child's sense of well being
- Validate their feelings and help guide young people in ways to self-regulate their feelings
- Focus on strengths and hope