

Information on COVID-19 and Mental Health

Resources for addressing mental health during infectious disease outbreak from the National Center for School Mental Health below. In addition, you may keep up to date with the DESE's guidance on COVID-19 by clicking on the following link: <http://dese.ade.arkansas.gov/divisions/communications/covid-19-information>. The commissioner's memo regarding COVID-19 can be found at: <http://adecm.arkansas.gov/ViewApprovedMemo.aspx?id=4328>.

General Information

- [The World Health Organization](#) releases [regular international updates](#).
- The [Centers for Disease Control & Prevention](#) (CDC) releases [regular updates from the US](#).
- We have moved beyond containment into [mitigation](#). This means each person must implement the prevention strategies of social distancing (avoiding close contact & crowds or gatherings, and telework if you are able) and practice regular, thorough hand-washing.
- Follow any mandates or guidelines from your state, district, or school/employer.
- View the [CDC list of coronavirus symptoms](#) and what to do if you are sick.

Mental Health Care

- The CDC [Mental Health and Coping During COVID-19](#)
- The Child Mind Institute's [Talking to Kids About the Coronavirus](#). Students may experience hunger, abuse, or lack of healthcare in their homes and with their families. Know local resources and be prepared to help.
- Anxiety and Depression Association of America Psychologist Jelena Kecmanovic's [7 Science-Based Strategies to Cope With Coronavirus Anxiety](#)
- The Jed Foundation's [Tips for Self-Care and Managing Stress](#)
- National Association of School Psychologists' [Talking to Children About COVID-19: A Parent Resource](#)
- SAMSHA's [Taking Care of Your Behavioral Health: Tips for Social Distancing, Quarantine, and Isolation During an Infectious Disease Outbreak](#)
- SAMHA's [Coping With Stress During Infectious Disease Outbreaks](#)
- The Center for the Study of Traumatic Stress: [Coronavirus and Emerging Infectious Disease Outbreaks Response](#)

https://blogs.webmd.com/mental-health/20200320/5-ways-to-guard-your-mental-health-during-the-covid19_outbreak

* Mental Health information for natural disasters: (Tornado)

<https://www.apa.org/topics/tornadoes>

<https://www.nytimes.com/2020/03/29/us/tornado-coronavirus-arkansas.html>