

# COVID-19 Pandemic and Mental Health

## Warning signs in youth and how to help

### Mental health impacts of the pandemic

- Stress
- Fear
- Social isolation
- Loneliness
- Trouble concentrating
- Irritability or agitation
- Restlessness
- Clinginess
- Changes in sleep
- Nightmares
- Changes in appetite or eating habits
- Substance use
- Obsessions and/or compulsions
- Tics
- Grief
- Anxiety
- Depression
- Self-harm behaviors
- Thoughts of suicide

### How you can help

- Create and stick to a daily schedule
- Explain the pandemic in an age-appropriate way
- Limit access to media
- Focus attention on productive and positive activities
- Encourage safe social activities
- Model healthy coping skills
- Ask how the child or teen is feeling



For mild or intermittent distress, provide reassurance. If the child is experiencing moderate to severe and/or persistent distress, make an appointment with a mental health professional.

**If a child or teen is thinking about or has tried harming themselves, call 911 or go to the nearest emergency department.**

### Crisis hotlines

- National Suicide Prevention Lifeline: (800) 273-8255
- Crisis Text Hotline: Text **"HOME"** TO 741741
- The Steve Fund text hotline for young people of color: Text **"STEVE"** to 741741
- The Trevor Project for LGBTQ+ youth: (866) 488-7386 or text **"START"** to 678678
- Seven Counties Services Child Crisis Line: (502) 589-8070

### Treatment can help!

Treatment could include therapy (like cognitive behavioral therapy), medication management or a combination of both.



**NORTON**  
**Children's**  
Behavioral &  
Mental Health

Affiliated with **U of U** SCHOOL OF MEDICINE