

Winter Mental Wellness Resources for Parents and Caregivers

Holidays During the Pandemic: Tips for parents for coping, stress, grief and new traditions

There are things we can do to help our kids (and ourselves) to deal with ongoing pandemic challenges and the anxiety and stress it can bring while we navigate the holiday season.

ChildMind: Supporting Families During COVID-19 (available in Spanish)

Includes tips for supporting children with returning to in person classes

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

Holidays During the Pandemic: Tips for reducing stress, helping kids cope, and making new traditions

<https://childmind.org/article/holiday-during-the-pandemic/>

Stress, depression and the holidays: Tips for coping from the Mayo Clinic

(translated versions available in Spanish, Simplified Chinese, Arabic and Portuguese)

<https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress/art-20047544>

Self-soothing/Calming Toolkit - ideas for one if you haven't made one, or things to add to it already

Tips to try when your child feels anxious

50 Calm Down Ideas to Try with Kids of All Ages

<https://gozen.com/50-calm-down-ideas-to-try-with-kids-of-all-ages/>

Read aloud books for social-emotional support:

Wemberly Worried (great for general anxiety and going back to school)

<https://www.youtube.com/watch?v=tkuXc0htNGk>

(There are plenty more free and fun read-alouds on different topics, from worry, boredom, anger, and sadness available on Youtube)

Sesame Street has some great online videos and activities for kids on a range of topics, from understanding feelings, empathy, grief and making calming breathing exercises fun.

Grief Support

Hospice by the Bay

Bereavement Department direct line at 415-526-5699.

Provides many virtual grief counseling during COVID19, family and individual counseling, free drop-in grief support groups, free workshops, free resources, including ones for parents education for ways to support bereaved children.

<https://hospicebythebay.org/types-of-care/grief-support/#grief-support-resources>

<https://hospicebythebay.org/types-of-care/grief-support/>

Eight tips for grieving through the holidays, written by a hospice counselor

<https://www.missionhospice.org/grief/eight-tips-for-grieving-through-the-holidays/>

https://hospicebythebay.org/wp-content/uploads/Using-Art-as-a-Coping-Tool-in-Grief_KBrown.pdf

Sesame Street talks about grief (and has many more videos talking about feelings and ideas for activities)

<https://sesamestreetincommunities.org/topics/grief/>

Books can be a great way to talk about harder topics

I Miss You: A first look at death by Pat Thomas

A good book for younger children that can answer some questions they may have about death and grief

https://www.amazon.com/s?k=i+miss+you+first+look+at+death&crd=2DS6XHHTJXFHG&srefix=i+m iss+you+first+%2Cstripbooks%2C247&ref=nb_sb_ss_fb_1_17

Read aloud by a counselor (you can sit and listen and talk about it afterwards)

<https://www.youtube.com/watch?v=EyM97X4lhEo>

Mental Health Services in Marin:

North Marin Community Services (415) 892-1643 Ext. 239

Bay Area Community Resources (BACR), www.bacr.org, (415) 444-5580

Family Service Agency, www.fsamarin.org, (415) 491-5700

Huckleberry Youth Programs, www.huckleberryyouth.org, Clínica para los jóvenes los martes de 1-5 PM, (415) 386-9398

Partners Counseling Services, www.drbassi.com, (415) 497-0356

Novato Teen Clinic (415) 448-1500

Marin Community Clinics www.marinclinic.org, (415) 448-1500

Crisis Support

If you think that your child or family member needs immediate attention, call 911 or the emergency psychiatric department of Marin (415) 473-6666.

Marin's Mobile Crisis Response Team between 1-9pm, 7 days a week, and can be reached at 415-473-6392. This is not a replacement for calling 911.

Call the toll-free, 24-hour hotline of the National Suicide Prevention Lifeline at 1-800-273-TALK (1-800-273-8255) to be connected to a trained