

Tips on Maintaining Your Family's Mental Balance

1. Check Your Own Anxiety First
2. Talk With Kids About Their Fears/Worries
3. Remind Your Kids Where Their Control Lies
4. Model and Practice Compassion & Gratitude
5. It's Okay to Use Humor & Enjoy Life
6. Practice Self Care (regular exercise, eating, sleeping & varied activities)

Mental Health Resources for Children & Teens

WEBSITES:

Sesame Street in the Communities

<https://sesamestreetincommunities.org/topics/traumatic-experiences/>

Free activities for children to increase feelings of hope, safety, and connectedness.

Mind Yeti

<https://mindyeti.com>

Mindfulness activities for children and adults.

KidsHealth

<https://kidshealth.org>

Practical tips on how to keep your child and teen healthy, both physically and mentally.

You Tube Videos/Online :

Sesame Street: Zach Braff & Telly are Anxious

<https://www.youtube.com/watch?v=TDFEW3eA1lg>.

Sesame Street characters discuss anxiety which can be a helpful tool for families.

Public Broadcasting Station

<http://pbskids.org>

Free educational videos and Social Emotional Learning books.

Books (audio and podcasts):



iHeartRadioFamily

Free Podcast for children and families.

Mind The Gap

Free Podcast on how to talk to your teen on important family topics & the teen perspective.

The Lemonade Hurricane: A Story About Mindfulness and Meditation by Licia Morelli
illustration by Jennifer Morris (2015)| Tilbury House Publishers.

APPS:

Virtual Hope Box



Coping tools, relaxation, inspiration quotes.

MindShift



Coping tools for anxiety panic, & phobias.

Crisis Prevention and Safety Planning

EMERGENCY NUMBERS:

Call **911** if this is a life threatening or medical emergency

Deaf/Hard of Hearing Communication California Relay Services:

ENGLISH: (877) 314-6024

SPANISH: (877) 314-6034

CALL:

Riverside County Mental Health, 24 hour hotline: 760.863.8455

Desert Regional Medical Center: 760.323.6511

Suicide Hotline: 1.800.273.TALK (8255)

National Crisis Line: 1.800.784.2433

TEXT:

HELLO to 741-741 to text with a crisis counselor

SHHELP HI to 274-637 for anonymous support