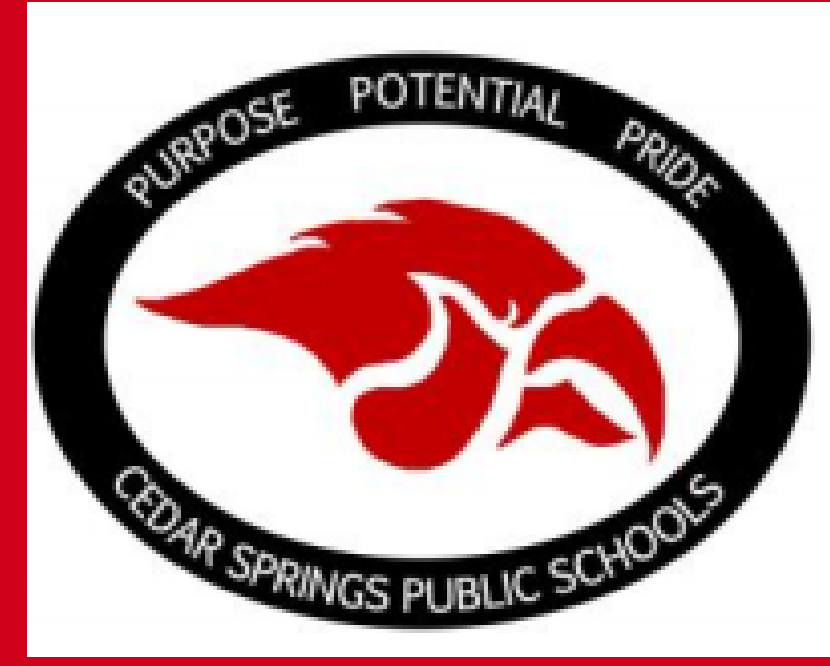


# Cedar Springs Mental Health Matters

Week 1:

## How To Talk About What's Happening



“Anything that is human is mentionable, and anything that is mentionable is manageable. When we can talk about our feelings, they become less overwhelming, less upsetting, less scary.”

Fred Rogers

## How To Talk To Kids About Coronavirus

- Be honest - provide age appropriate information
- Limit their news exposure (and yours too!)
- Ask what concerns kids have and really listen to them
- Clear up misconceptions
- Use only trusted information sources
- Talk about ways to stay safe
- Talk about all the people helping
- Offer reassurance

## How To Process Together

- Name what is difficult
  - "What has been the hardest part of this? How does that make you feel?"
- Validate feelings
  - "It's okay to feel that way"
  - Give space for kids to be not okay
  - Share with your kids what is difficult for you, how you feel, and what you do to help yourself feel better
- Gratitude
  - Name things you are grateful for during this time
- Safety
  - Remind kids how to protect themselves/others: social distancing, stay home, wash hands for 20 seconds
- Control
  - Have kids focus on things they can control
  - If kids don't feel like talking: write, draw, dance, sing, play, make up a story

## Additional Resources:

- Click here to read: [Talking To Kids About The Coronavirus](#)
- Click here to read: [Mental Health and Coping During the Coronavirus](#)

## Additional Mental Health Support:

- [Network 180](#): (800) 749-7720 (available 24 hours a day)
- [Heart of West Michigan](#): Dial 2-1-1 (hotline to provide referrals to services in Kent County)

## For A Mental Health Emergency:

- Call 911
- [National Suicide Hotline](#): (800) 237-8255