

## How to Support Your Child During the COVID-19 Outbreak

The outbreak of COVID-19 may be stressful for adults and children. Fear and anxiety about a disease can be overwhelming and cause strong emotions. Keeping calm and reducing fear is essential when talking with your child about Coronavirus.



### HELPFUL TIPS

- **Talk with your child about the COVID-19 outbreak.** Answer questions and provide honest, accurate, and fact-based information in a way your child can understand. Having such information can help them feel a sense of control and reduce anxiety.
- **Limit exposure to TV and social media coverage of the outbreak.** Constantly watching media updates can increase anxiety. Also, talk to your child about how some stories about COVID-19 on the internet may be based on rumors and inaccurate information.
- **Build structure.** Structure days with regular mealtimes and bedtimes just like you would during a school break or summer vacation. This can be reassuring.
- **Be a role model.** Take breaks, get plenty of sleep, exercise, eat well, and keep in contact with family and friends. Your child will take cues and follow these healthy habits.



### RESOURCES

If your child is in need of additional emotional support see the resources below.

**California Youth Crisis Line:** Call or text 1-800-843-5200  
24/7 crisis intervention counseling referrals for youth 12-24 and their families.

**Crisis Text Line:** Text LA to 741741  
Connect with a crisis counselor to receive confidential crisis support via text 24/7.

**National Suicide Prevention Lifeline:** Call 1-800-273-8255  
24/7 confidential resource connects you with a crisis worker.  
Chat online at: [suicidepreventionlifeline.org](http://suicidepreventionlifeline.org)

**Trevor Project Lifeline:** Call 1-866-488-7386 or text Start to 678678  
24/7 support for LGBTQ youth in crisis or in need of a safe place to talk.

**LA County Department of Mental Health Access Line:** Call 1-800-854-7771  
24/7 helpline and crisis counseling. Referrals to services. (562) 651-2549 TDD/TTY

**211 LA County** Dial 211 within Los Angeles County or visit [211LA.org](http://211LA.org)  
Speak to an advisor 24/7 to get health and community resources to meet your needs.