

#WE
THRIVE
INSIDE



CHILD MIND[®]
INSTITUTE

Helping educators through COVID-19 and beyond

During the coronavirus crisis, the Child Mind Institute is here to support the mental and emotional health of children. By sharing inspiring video testimonials from public figures and providing practical resources and support, we can help kids and families stay healthy and well. That's how #WeThriveInside. Learn more at childmind.org/wethriveinside.

We know educators are struggling to support students while also caring for themselves. Here are some resources to help you, your students and their families thrive during uncertain times.

Tools for Educators

We are offering free access to our educator webinars at training.childmind.org. NY State continuing education credits can also be completed through this site. Topics include:

- Educator stress reduction
- Trauma-informed school support
- When to worry about a student's anxiety

We also offer online educator consultations and workshops. Email to info@childmind.org to learn more. We provide support around:

- Educator self-care and stress management
- Behavior management in virtual classrooms
- Supporting students struggling with anxiety, grief and more

COVID-19 Resources

- ▶ A centralized destination for COVID-19 resources
- ▶ Supporting Kids Through the COVID-19 Crisis
- ▶ Supporting Teenagers and Young Adults During the Coronavirus Crisis
- ▶ Self-Care in the Time of Coronavirus
- ▶ Anxiety and Coping with the Coronavirus

Resources to Support Anxious Students

- ▶ How to Help Children Manage Fears
- ▶ What to Do (and Not Do) When Children Are Anxious
- ▶ How to Change Negative Thinking Patterns

Learning Support

- ▶ Remote Learning: Resources for Families
- ▶ Giving Kids With ADHD Support and Structure During the Coronavirus Crisis
- ▶ Resources for Families of Children on the Spectrum

Dealing With Grief & Trauma

- ▶ Helping Children Cope With Grief
- ▶ Helping Children Cope with Frightening News
- ▶ Helping Children Cope After a Traumatic Event

About the Child Mind Institute's Coronavirus Response

- ▶ Telehealth, remote evaluations and phone consultations
- ▶ Free educator webinars on mental health topics
- ▶ Comprehensive resources for parents including Facebook Lives in English and Spanish

The Child Mind Institute is an independent, national nonprofit dedicated to transforming the lives of children and families struggling with mental health and learning disorders. Our teams work every day to deliver the highest standards of care, advance the science of the developing brain, and empower parents, professionals and policymakers with free resources to help children when and where they need it most. Together with our supporters, we're helping children reach their full potential in school and in life. We share all of our resources freely and do not accept any funding from the pharmaceutical industry. Support us at childmind.org/donate.