

# Caring for the Emotional Well-Being of your Families During the COVID-19 Outbreak

Concern over this new virus can make families anxious. Here are a few tips from Cincinnati Children's Hospital: 1) Manage your own anxiety by limiting your exposure to the news; 2) Ask your child what they know in order to address misinformation; 3) Ask your child what they're worried about so that you can ease their anxiety directly; 4) Explain facts on a developmental level—be honest and revisit only if needed; 5) Explain what is being done at the community level; 6) Explain what your family is doing; 6) Reinforce kindness & tolerance.

## Community Mental Health Resources

KVC Behavioral Health Kentucky	859-254-1035
Mountain Comprehensive Care	859-368-8897
New Vista (formerly Bluegrass.org)	859-233-0444
The Ridge Behavioral Health Systems	859-269-2325
Sunrise Children's Services	859-455-8185

## Mental Health Crisis Resources

The Ridge Behavioral Health Systems	800-753-4673
Samaritan Hospital	859-226-7000
U of L Peace Hospital (formerly known as Our Lady of Peace)	859-313-3515
New Vista (formerly Bluegrass.org)	800-928-8000

## Crisis Hotlines

National Domestic Violence Hotline	1-800-799-7233
National Suicide Prevention Hotline	1-800-273-8500
Suicide Crisis Textline	Text Help to 741741
Trevor Project Crisis Line for LGBTQ+ Youth	1-866-488-7386

## Other

Arbor Youth Services	859-254-2501
Salvation Army Homeless Shelter	859-252-7706

FCPS Mental Health Resource Page: <https://www.fcps.net/mental>

Mental Health Resource Library: <https://www.galesupport.com/district/fcps>