



teens helping teens

RESOURCES FOR PARENTS OF TEENS DURING THIS CORONAVIRUS SHUTDOWN

A Helpful Visual:

Teens * Social Distancing * Covid 19


What parents may be seeing/hearing:

- excessive screen time
- swearing
- defiance
- disrespect
- ignoring
- complaining
- sneaking
- refusing
- fighting
- leaving

What teens may be experiencing:

- boredom
- helplessness
- lack of skills
- disconnection
- emotionally dis-regulated
- worry about social status
- fear
- worry
- confusion
- powerlessness
- misunderstanding

Rather than focusing on the tip of the iceberg, problem solve with teens by addressing what is under the surface



www.joyfulcourage.com

Articles:

[Self Care in the Time of Coronavirus](#) (for parents)

[Supporting Teenagers and Young Adults During the Coronavirus Crisis](#)

[How to Talk to your Anxious Child or Teen About Coronavirus](#)

[How to Help Your Teen Through the Coronavirus Shutdown](#)

[An Open Letter to High School Seniors](#)

[That Discomfort That You Are Feeling Is Grief](#)

(Free) Apps/Message Boards For Teens:

“Teen Talk – Supporting Teens” (only for Apple devices right now)

www.teenlineonline.org

<http://www.7cups.com/>

www.scarleteen.com (for sexuality/gender concerns)

www.trevorspace.org (for LGBTQ teens)

Apps Anyone Can Benefit From:

Meditation:

Calm

Headspace

Evenflow

Anxiety:

Stop Breathe and Think

Breathe2Relax

SAM

Mindshift

Suicide Specific:

MY3

Virtual Hopebox

Relaxation/Fun:

Happy Color
Color Switch

OTHER RESOURCES

National Suicide Prevention Lifeline (Didi Hirsch) 24/7: 1.800.273.TALK (8255)
Veterans: press 1 or text 838255
Para español, oprima el numero 2

Disaster Distress Helpline: 800-985-5990

Crisis Text Line (24/7): Text LA to 741741

Teen Line: Text TEEN to 839863 (6 p.m. to 9 p.m. daily), email at
<https://teenlineonline.org/talk-now/>

The Trevor Project for LGBTQ Youth (24/7): 1.866.488.7386 or Text START to 678678

Didi Hirsch Survivors of Suicide Attempts (SOSA): 424.362.2901

Didi Hirsch Survivors After Suicide (SAS): 424.362.2912 for (SAS) adults and 424.362.2911 for (SAS) teens

Los Angeles County Department of Mental Health Access Line: 1.800.854.7771

Los Angeles County Community Resources Information Line: 2-1-1

County of Los Angeles Resources:

The Department of Public Health has created guidance for [shelters](#).
LAHSA has launched an informational [site](#), which includes the most recent information.

Los Angeles County Department of Mental Health:

[COVID-19 information page](#) with additional mental health and wellbeing resources, including tips and guidance for healthcare workers.

Los Angeles County Department of Public Health: [Coronavirus webpage](#)

Los Angeles County:

[COVID-19 site](#)