

# MENTAL HEALTH TIDBIT (BETTER INFORMED TOGETHER) PARENTING DURING THE PANDEMIC

DAUPHIN COUNTY MH/A/DP  
APRIL 2020 MENTAL HEALTH TIDBIT

During this time of COVID-19 and disrupted routines, the odds are that things aren't going perfectly. Your children may be fighting with each other, resisting online school and challenging social distancing. You may be tempted to ask what you are doing wrong or blame yourself. However, now is the time to go easy on yourself! Head off negative thoughts by repeating short phrases throughout the day. One suggested phrase is "I'm doing the best I can in a really tough situation." It's important to accept what you can and can't control.

### **Some things that you can do:**

- *Limit your family's exposure to the news.*
- *Make/keep lists of needed food supplies/medications so you are prepared when you do shop.*
- *Update contact information for health care providers, work colleagues, family members, friends.*
- *Stay in regular contact, even if by phone, with those close to you so you can support one another.*
- *Practice focusing on the present — the sound of your child's voice, or the suds on your hands.*
- *Make sure everyone gets enough sleep.*
- *Eat as healthy as possible.*
- *Maintain good hygiene.*
- *Get regular exercise.*
- *Talk with your children about the pandemic. Tell them experts are working hard to resolve the crisis. Address their questions and fears..*

Excerpted from: <https://www.usnews.com/news/health-news/articles/2020-04-04/going-easy-on-yourself-is-key-to-parenting-through-the-pandemic>

*Below are some phone numbers for resources you may find helpful.*

- *Dauphin County Crisis Intervention: (717) 232-7511 or 1-888-596-4447*
- *National Suicide Prevention Lifeline: 1-800-273-TALK (8255)*
- *Nacional de Prevención del Suicidio: 1-888-628-9454*
- *Statewide Support & Referral Helpline 1-855-284-2494. For TTY, dial 724-631-5600.*
- *Crisis Text Line: Text "PA" to 741-741*
- *Veteran Crisis Line: 1-800-273-TALK (8255)*
- *Disaster Distress Helpline: 1-800-985-5990*
- *Get Help Now Hotline (for substance use disorders): 1-800-662-4357*
- *Pennsylvania Sexual Assault Helpline – 1-888-772-7227*
- *National Domestic Violence Helpline – 1-800-799-7233*

Check out this great resource page created by PA Parent & Family Resource. It has a little bit of everything from MH warm and hotlines, food resources, educational resources, tips for stress and anxiety, and lots of other different things to do at home and for free.

<https://www.paparentandfamilyalliance.org/hometogether-resources>