

## Mental Health Resources for Youth, Teens, & Parents

Jewish Family Services of St. Louis provides counseling and other mental health support, as well as financial assistance and food. <https://jfcs-stl.org/>

The Jed Foundation Mental Health Resource Center

Get help immediately by text or phone: <https://www.jedfoundation.org/get-help-now/>

Dozens of resources on managing stress, anxiety, addiction, eating issues, and everyday emotional well-being: <https://www.jedfoundation.org/mental-health-resource-center/>

The Trevor Project

<https://www.thetrevorproject.org/>

Crisis intervention and general mental health support for LGBTQ+ young adults

Managing Challenging Behaviors During COVID-19-Webinar

<https://zoom.us/rec/play/tZ0sfr8rTM3EoCStASDUaV-W9W5eK2s1XQc-qZYn0u9U3dVM1KkMrVGYORIYeRXSN6oOJ3OL1N18Rbd>

Parenting Teens in a Time of Crisis

<https://ejewishphilanthropy.com/parenting-teens-in-a-time-of-crisis/>

Supportive Perspectives for Children & Families Under Stress-Webinar for parents of young children

[https://zoom.us/rec/play/7sAod-yuqTI3H9fG4gSDVPZ8W461Lais1iYf\\_fJfn0ayVnYFNFD3b-ZGZmEXzvXKqku1T-W2nP-zCoM?startTime=1585843105000&\\_xzm\\_rtaid=EXHe\\_FaURGSwECWwlcB3mQ.1590076687740.350ffdeb065b6b1d26fca4c4aefb8b81&\\_xzm\\_rhtaid=402](https://zoom.us/rec/play/7sAod-yuqTI3H9fG4gSDVPZ8W461Lais1iYf_fJfn0ayVnYFNFD3b-ZGZmEXzvXKqku1T-W2nP-zCoM?startTime=1585843105000&_xzm_rtaid=EXHe_FaURGSwECWwlcB3mQ.1590076687740.350ffdeb065b6b1d26fca4c4aefb8b81&_xzm_rhtaid=402)

How to Stop Losing It With Your Kids-Webinar from PJ Library

<https://www.youtube.com/watch?v=1Hgt0CfV7AQ>

How to Support Your Campers

<https://urjyouth.org/supporting-our-campers/>

This document provides specific language you can use with each age group to respond to the heartbreaking news of camps being cancelled. It was created by the URJ camps but applies to any camp.

Parenting in a Pandemic: Tips to Keep the Calm at Home

From the American Academy of Pediatrics

[https://www.healthychildren.org/English/family-life/family-dynamics/communication-discipline/Pages/Positive-Parenting-and-COVID-19\\_10-Tips.aspx](https://www.healthychildren.org/English/family-life/family-dynamics/communication-discipline/Pages/Positive-Parenting-and-COVID-19_10-Tips.aspx)

How to Talk to Your Kids About Bad Things Happening in the World

<https://reformjudaism.org/jewish-life/family/parenting/how-talk-kids-about-bad-things-happening-world>

How to Talk to Your Kids About Scary Situation

<https://pjlibrary.org/beyond-books/pjblog/january-2017/how-to-talk-to-your-kids-about-scary-situations>

How to Talk to Your Kids About Cancelled Summer Plans

<https://reformjudaism.org/blog/2020/04/30/how-talk-your-kids-about-canceled-summer-plans>

Self-Care in the Age of Corona

<https://jewishweek.timesofisrael.com/self-care-in-the-age-of-corona/>

Teen Guide to Navigating Coronavirus

<https://teens.jewishboston.com/a-teen-guide-to-navigating-coronavirus/>

Social-Emotional Learning Activities

<https://www.centervention.com/social-emotional-learning-activities/>