

## Available Resources to Support Caregivers

If your families are having a difficult time coping with the outbreak and want to seek outside help, there are ways to get that help:

- Encourage caregivers to contact their physician or their insurance company (if they have a consultation line) to ask health-related questions or to seek mental health support. Learn more ways to help your family. Additional resources can be accessed at: [www.NCTSN.org](http://www.NCTSN.org) [www.healthychildren.org](http://www.healthychildren.org) [www.cdc.gov/coronavirus/2019-ncov/specific-groups/children-faq.html](http://www.cdc.gov/coronavirus/2019-ncov/specific-groups/children-faq.html)
- Get support regarding anxiety or stress by speaking to a trained counselor at SAMHSA Disaster Distress Helpline at 1-800-985-5990 or by texting TalkWithUS to 66746.

### Stress Management

- [How You and Your Kids Can De-Stress During Coronavirus](#) (PBS Kids)
- [Positive Parenting and COVID-19: 10 Tips to Help Keep the Calm at Home](#) (American Academy of Pediatrics)
- [Young Children at Home during the COVID-19 Outbreak: The Importance of Self-Care](#) (Zero to Three)
- [Supporting Your Mental Health During Coronavirus](#) (All Mental Health)

### Compassion Fatigue

Caring for children who have experienced trauma can take a toll on caregivers. When the stress of parenting affects their mental and physical health or interferes with their ability to parent effectively, the caregiver may be suffering from “compassion fatigue.”

The following can be signs of compassion fatigue:

- Feeling mentally or physically exhausted most of the time;
- Using alcohol, food, caffeine, or other substances to fight feelings of being overwhelmed;
- Sleeping too much or too little;
- Feeling numb and distanced from others or your own life;
- Feeling unsatisfied in your work;
- Feeling moody, frequently lashing out at children or your partner; and
- Catching every cold that comes along, or frequent headaches or stomachaches.

When caregiver start showing these signs, chances are they aren’t providing the consistent, predictable, enriching, and nurturing care the children in care needs. Self-care can help caregivers get back on track; it can also keep caregivers from getting to this point in the first place.

### Talking with children about COVID-19

- [Talking with children about Coronavirus Disease 2019](#) (CDC)
- [Helping Children and Adolescents Cope with Disasters and Other Traumatic Events: What Parents, Rescue Workers, and the Community Can Do](#) (National Institute of Mental Health)
- [How to talk to your child about coronavirus disease 2019 \(COVID-19\)](#) (UNICEF)

## General

- [COVID-19 Resources Related to CPS Cases](#) (Texas Children's Commission)
- [Free Webinar Replay: Keeping Kids with ADHD in 'Study Mode' While Home from School](#) (ADDitude)
- [Comprehensive coronavirus resources for parents on childmind.org](#) (Child Mind)
- [Providing Guidance for Students in Foster Care](#) (Texas Education Agency)
- [COVID-19 and the American Workplace](#) (U.S. Department of Labor)
- [National Center for Immunization and Respiratory Diseases \(NCIRD\), Division of Viral Diseases](#)
- <https://www.healthychildren.org/> (American Academy of Pediatrics, English)
- <https://www.healthychildren.org/spanish/paginas/default.aspx> (American Academy of Pediatrics, Spanish)
- <https://www.dshs.state.tx.us/coronavirus/tools.aspx> (Texas Department of State Health Services)