Mental Health is Integral to Addressing COVID-19

Mental health concerns related to COVID-19:
- Staff, child, and family wellness
  - supportive relationships
  - schedules and routines
  - feelings of uncertainty or anxiety
  - physical health
  - social emotional development
  - mental health

COVID-19 as a potential trauma:
- grief and loss
- substance use
- domestic violence
- food insecurity
- abuse and neglect
- poverty
- isolation

The National Center on Health, Behavioral Health, and Safety has training and resources for Head Start staff and families on these topics:

- Staff wellness
- Trauma-informed care and Head Start Heals
- Vaccine confidence
- Using infant and early childhood mental health consultants
- Having difficult conversations
- Mindfulness and stress reduction
- Mental health screening, assessment, and treatment
- Addressing children’s challenging behaviors
- Substance use screening and recovery

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