



MURRAY CITY SCHOOL DISTRICT

MENTAL HEALTH RESOURCES

Ways to reach out and talk to someone:

- Safe UT App
- Lifeline (1-800-237-TALK)
- School Based Mental Health - email school social worker / psychologist to set up a ZOOM appointment.

Taking care of your Mental Health during COVID-19.

Caregivers Guide to Dealing with COVID-19.

Helping your Children Succeed Online

How to Talk with your Kids about COVID-19.

5 Ways to Deal with Anxiety.

5 Ways to Stay Healthy.

5 Ways to Cope with Depression

Helping your Child with Anxiety

- What to do and not to do when Children are Anxious
- How to Help a Child Struggling with Anxiety.

Activities for Kids

- 10 Indoor Activities to do with Kids
- 20 Fun Indoor Games

A Comic Exploring COVID-19 and Steps To Take

What You Should Know from the CDC