



Emotional Wellness for Military Children During COVID-19

RESOURCES

- **Military OneSource** has a wide variety of free resources for military families.
www.militaryonesource.mil (Family Relationships/School)
Military OneSource financial counselors are available over the phone and video to discuss financial matters or concerns you may have. Their financial counselors can also give you referrals to services and programs that meet your specific needs. 800-342-9647 or live chat 24/7.
<https://www.militaryonesource.mil/confidential-help/interactive-tools-services/financial-counseling/financial-counseling-services-for-a-secure-future>
- **Tutor.com** offers free homework help for eligible military families.
<https://military.tutor.com/home>
- **Children and Adults with ADHD:**
<https://chadd.org/adhd-and-covid-19/AAP>
- **American Red Cross Psychological First Aid Course: Supporting Yourself and Others During COVID-19 Online Course**
<https://www.redcross.org/take-a-class/coronavirus-information/psychological-first-aid-online-course>
- **DODEA Return to School:**
<https://www.dodea.edu/returntoschool.cfm>
- **COVID-19 resources by the American Academy of Pediatrics:**
<https://www.healthychildren.org>
<https://www.healthychildren.org/English/health-issues/conditions/COVID-19/Pages/Signs-your-Teen-May-Need-More-Support.aspx>
- **SAMHSA's National Helpline:** 1-800-662-HELP (4357)
for mental health support
- **National Suicide Prevention Lifeline:** 1-800-273-8255
<https://suicidepreventionlifeline.org/help-yourself/youth/>
<https://suicidepreventionlifeline.org/current-events/supporting-your-emotional-well-being-during-the-covid-19-outbreak>

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LOCAL INSTALLATION RESOURCES

- Unit level support – innovative schedules for ADSM
- Child and Youth Services (CYS)
- Child and Youth Sports/SKIES Unlimited
- Military and Family Life Counseling (MFLC) offers free confidential, non-medical counseling on your military installation:
<https://www.militaryonesource.mil/confidential-help/non-medical-counseling/military-and-family-life-counseling>
- School Liaison Officer (SLO):
<https://www.dodea.edu/partnership/schoolliaisonofficers.cfm>
- EFMP Family Support:
<https://www.militaryonesource.mil/family-relationships/special-needs/exceptional-family-member>
- Installation Library: <https://mwrlibrary.armybiznet.com/>
- Grants/loans for financial assistance, including education support: Go to your installation's financial assistance program.
Army Emergency Relief Society:
<https://www.armyemergencyrelief.org/>

Navy-Marine Corps Relief Society:
<https://www.nmcrs.org/>

Air Force Relief Society:
<https://afas.org/>
- Primary Care Medical Home



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[Military Child Education Coalition](#) strives to ensure inclusive, quality educational opportunities for all military-connected children affected by mobility, transition, deployments and family separation. Check out the [MCEC COVID-19 Supportive Resources and Content](#).

[Resiliency Training for Military Families](#) FOCUS (Families OverComing Under Stress) provides free resilience training to military children, families, and couples. It teaches practical skills to help families and couples overcome common challenges related to a military life.

[Sesame Street for Military Families](#) offers a wealth of resources, activities, videos and information for Military Families. Also check out [Sesame Street](#) for COVID-19 resources.

[Strengthening Family Connections](#) The Center for Parent and Teen Communication includes thoughts from other young people as well as tips from experts. Teens find easy strategies for communicating more effectively with parents and ideas for managing stress and staying healthy. Parents find information on growth & development, communication, building character and more.

[Stress Management](#) Fostering Resilience helps children and teens thrive through both good and challenging times. Teens can explore a personal guide for managing stress.

[Talking with Kids about the Coronavirus](#) [How to Talk to Your Child](#) [Talking to Kids about the Coronavirus](#) [Helping Children Cope with the Coronavirus](#) If you are a parent or caregiver and feeling unsure about what to share, how much to say, and ways to navigate COVID-19 when so much is uncertain, follow these links. Some of the articles are also available in Spanish.



For More Information: Parents@MilitaryChild.org

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Below is a selection of additional MCEC Parent Programs Webinars related to this topic. More topics can be found at www.militarychild.org/webinars

[Creating Strong Families](#) This webinar addresses qualities that make our families strong and examine daily habits that build permanent connections and enduring relationships with children as well as share suggestions for nurturing and strengthening relationships in the family.

[Developing Positive Coping Strategies](#) This webinar helps parents identify challenges and children's needs. It focuses on discussing five positive coping strategies that enable children to thrive despite changes and challenges.

[Facing Challenges Together: Raising Secure Children in an Uncertain World](#) Join Dr. Paula Rauch, Associate Professor of Psychology at Harvard Medical School, Director, Marjorie E. Korff Parenting At A Challenging Time (PACT) Program and Member, MCEC Science Advisory Board Executive Committee as she shares tools parents can use to be an informed and steady guide to their children through challenging times.

[Fostering Resilience in Military Children](#) This webinar helps parents understand resilience and its importance in fostering resilience in children. It is based on Dr. Ginsburg's 7 C's of Resilience, discussing each component and sharing tips on incorporating each component in everyday life.

[Helping Military Children Navigate Change](#) In this webinar we look at the impact change can have on military children and some strategies and resources to help navigate these changes. Along with change, can

[Turning Stress into Strength](#) This webinar discusses the characteristics of positive and negative stress and highlights some tips on how to reduce stress and formulate a stress management plan for children.



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