COVID-19 (Coronavirus)

Supporting Kids and Teens during coronavirus

Be understanding
Acknowledge that you know it is frustrating to be away from school and friends.

Be calm...
...both in your words and actions.

Be consistent
Keep a regular schedule as often as possible

Be available
Be a good listener, and give them extra time to process their feelings.

It is okay to ask for help.
If you or a loved one is having a crisis, call 866-4-CRISIS

Spread the Facts
coronavirus.wa.gov