

Since the COVID-19 quarantine began, young people have had to cope with reduced social interaction, frustration over independent learning, increased anxiety about an uncertain future, as well as, the loss of typical activities and major milestone moments. In addition to the changes everyone is adapting to, the pandemic has also led many teens to experience mental health symptoms for the first time or to intensified pre-existing mental health symptoms.

With these symptoms comes the need to feel better and utilize coping skills. It is important that young people use positive coping skills like exercise, being outdoors, listening to music and staying physically well through adequate sleep and healthy diet to handle their negative thoughts and feelings.

Quaran-teens have had to adjust to a new normal and, even though we are no longer under quarantine, the changes that we have to make for our health safety are going to continue to impact young people. With school ending and the summer ahead of us, there will be more changes to typical summer activities and vacations that young people will have to adjust to. For information on how to stay positive, be aware of your mental health, and how to stay healthy this summer, utilize the resources below.

### **CHILDREN'S MENTAL HEALTH MATTERS**

<https://www.childrensmentalhealthmatters.org/find-help/teens-young-adults/>

### **MENTAL HEALTH FIRST AID**

[https://www.mentalhealthfirstaid.org/2020/04/tips-to-help-teens-cope-during-covid-19/?fbclid=IwAR1kaJL49EIQ\\_avhVO5Gxsv9kgFD8c0qGzLpdHvx9rsxcuigMPdyFtZ\\_U9Q](https://www.mentalhealthfirstaid.org/2020/04/tips-to-help-teens-cope-during-covid-19/?fbclid=IwAR1kaJL49EIQ_avhVO5Gxsv9kgFD8c0qGzLpdHvx9rsxcuigMPdyFtZ_U9Q)

### **CHILD MIND INSTITUTE**

<https://childmind.org/article/mental-health-disorders-and-substance-use/?fbclid=IwAR2PNCyIEMDGSqJjNMOjVGa6K7zbJq55EoXXu3BGeb2L9hNUDEisviDLDHk>

### **HELPGUIDE**

[https://www.helpguide.org/articles/mental-health/social-media-and-mental-health.htm?fbclid=IwAR3JM9nHi2SzeqCfFItOOFh\\_hhNzJseoQ\\_4sJrNsDFtKULZW\\_xhVCDnsvVo](https://www.helpguide.org/articles/mental-health/social-media-and-mental-health.htm?fbclid=IwAR3JM9nHi2SzeqCfFItOOFh_hhNzJseoQ_4sJrNsDFtKULZW_xhVCDnsvVo)

### **SAHM - SOCIETY FOR ADOLESCENT HEALTH AND MEDICINE**

<https://www.adolescenthealth.org/COVID-19/COVID-19-Resources-for-Parents-and-Teens.aspx>

### **STRESSED TEENS - COVID-19 TOOLKIT**

<https://www.stressedteens.com/covid-19-tool-kit>

### **UNICEF - COVID-19**

<https://www.unicef.org/coronavirus/how-teenagers-can-protect-their-mental-health-during-coronavirus-covid-19>

For additional Mental Health resources, visit:

<http://www.harfordcountymd.gov/449/Office-of-Drug-Control-Policy>