



DON'T LET STRESS GET THE BEST OF YOU

YOU HAVE A LIFELINE!

During COVID-19, many families are dealing with kids at home with nothing to do, and stress. We can help.

CALL THE **SUMMER FAMILY LIFELINE**
817-335-4673 / 8am to 5pm, Mon-Fri

YOU ARE NOT ALONE!

In hard times, everyone needs help.

We know stress levels are high. Our usual ways to relax, like spending time with friends or leaning on family members for help, are not always possible now.

We as parents might be more likely to lash out in ways we ordinarily wouldn't.

That's why it's crucial to acknowledge these feelings and quickly identify healthy ways to cope with stress.

LET US HELP!

CALL 817-335-4673 FOR:

- ☀ **Help with an immediate family crisis**
Our team of professionals stand ready to talk and help you find the support you need.
- ☀ **FREE youth and family counseling**
Counseling and skill-building classes can help you and also help children struggling with anger, anxiety, depression, family conflict, bullying, reckless or criminal behavior, and more—all at no cost.

QUICK TIPS

- ☀ **Give yourself some grace.** It's okay if you simply get your family through each day with basic needs met and staying safe and healthy.
- ☀ **Aim for routine and structure.** Schedule time for studying, eating and playtime.
- ☀ **Talk to your child.** Inform your child about COVID-19. Reassure them that it's okay to feel upset, but let them know they are safe and supported (washing hands is very important).
- ☀ **Spend time outside.** Try to get fresh air and sunshine every day to give everyone a much needed change in scenery.
- ☀ **Ask for help.** Many counselors and support groups have transitioned to virtual services to help people cope while staying safe. It is always okay to reach out for help!

Brought to you by a network of Tarrant County nonprofits and organizations teaming together to help families and children affected by the COVID-19 pandemic.