

# DURING & AFTER COVID 19

## A NEW, UNPRECEDENTED REALITY

COVID 19 has forced the world to social distance, or isolate, from friends and family. This can be difficult for those of us without a mental health condition; for the nearly **6.3 million children aged 3-17 with diagnosed depression and anxiety** and the millions more who haven't been formally diagnosed but are still impacted by symptoms, this can be extremely trying, even dangerous.

## KNOWING THE SIGNS OF MENTAL HEALTH DISTRESS IN YOUTH IS ESSENTIAL TO SUPPORTING YOUR CHILD



Extreme mood changes, such as sadness, irritability, anger or excessive clinginess



Excessive worrying or fear



Changes in sleeping or eating habits



Multiple physical ailments without obvious causes



Suicidal thoughts



Inability to handle daily activities, problems or stressors

\*Not an exhaustive list of mental health distress signs.

## TIPS FOR MANAGING



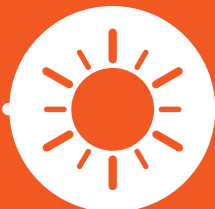
**STICK WITH THE FACTS**



**STAY CONNECTED**



**ESTABLISH ROUTINE**



**GET OUTSIDE**



**FOCUS ON THE POSITIVE**

## LONG TERM MENTAL HEALTH: BLUE REFUGE VICTORY METHODOLOGY

**V**

**VIEWPOINT**  
Seeing the world as it is, not as it is presented

**I**

**INNER SELF**  
Seeing ourselves as having intrinsic worth and purpose

**C**

**CONNECTION**  
Shared struggle is the key to overcoming

**T**

**TRAJECTORY**  
Overlooking setbacks and staying the course

**O**

**OTHERS**  
Be the "one" for someone else

**R**

**RESILIENCY**  
Becoming impervious to obstacles

**Y**

**YOU**  
Be active in your journey and present in others

Read the complete blog [Your Child's Mental Health During COVID 19](#) and learn more about the Blue Refuge Mental Health Program at [bluerefuge.com](http://bluerefuge.com).



**BLUEREUGE**  
SECURING OUR FUTURE

References: Ghandour RM, Sherman LJ, Vladutiu CJ, Ali MM, Lynch SE, Bitsko RH, Blumberg SJ. Prevalence and treatment of depression, anxiety, and conduct problems in U.S. children. The Journal of Pediatrics, 2018. Published online before print October 12, 2018