

DBH Parent Support Program: Tools for Parents



MENTAL HEALTH HOTLINE

Anxious about coronavirus (COVID-19)?

WE'RE HERE TO HELP.

Clinicians are available 24/7.

Call the District's Mental Health Hotline at **1-888-793-4357** if you are experiencing stress and anxiety related to coronavirus (COVID-19).



Counseling, problem-solving, linkage to school-based clinicians, other services

[CORONAVIRUS.DC.GOV](https://coronavirus.dc.gov)



DC HEALTH
GOVERNMENT OF THE DISTRICT OF COLUMBIA

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DC MURIEL BOWSER, MAYOR



Individualized Consultation and Support for Families

One-to-one support provided by a mental health clinician (including bilingual) up to 3 visits to address:

- Trauma, grief and loss
- Behavior management issues
- Anxiety
- Self-care
- Assessment of need for on-going behavioral health support



Wellness Wednesdays Launched on Sept. 2nd



- Weekly online parental support group provided by DBH licensed social workers, psychologists and counselors.
- **Every Wednesday 5:30-6:30 p.m.**
- Based on Parent Café model
- WebEx link to join on DBH website
- WebEx link
(<https://bit.ly/31JpYiv> password: WW20) by computer, tablet, or smartphone. Parents also can telephone in: Toll free number: 1-650-479-3208 or 202-860-2110 with the Access Code: 172 761 9215
- Advertised on social media platforms and with educational partners



On-Line Library

- DBH virtual on-demand video library for parents
- [On-Demand Video Library](#) [PDF]
- Video links on parenting resources
- Weekly tips for parents





Virtual Supports in the Classroom

- School Based Clinicians will support SEL in classrooms
- School Based Clinicians will join virtual classrooms by invitation from school administrator
- School Based Clinicians have the ability to provide virtual supports and telehealth services to students



Virtual Student Resources



- [Staying Sane While Staying Home](#) – Introduction
- [Making “Me Time”](#)
- [Making and Keeping a Routine While At Home](#)

