

Source: <http://edis.ifas.ufl.edu/fm001>

MENTAL HEALTH FOR KIDS



- Spend more time with your children. Let them stick by your side.
- Do something fun and physical to relieve tension.
- Reassure children that you care about them and encourage older children to talk about their feelings and thoughts.
- Answer children's questions about the event.
- Keep regular schedules for meals, playtime and bed time as much as possible. This will help to restore order in the family's life.

For more information, visit <http://edis.ifas.ufl.edu/fm001>

**Substance Abuse and Mental Health Services Administration
Disaster Distress Helpline, call 1-800-985-5990
or text TalkWithUs to 66746.**