



THE UNIVERSITY OF  
NORTH CAROLINA SYSTEM



## Supporting children's mental health

Uncertainty regarding the pandemic and disruption to normal routines has also had significant impacts on children. And, while children are typically very resilient, some may be struggling. They're coming back from a school year like none other—one where most had to put their social lives on hold and become skilled at learning remotely.

*"Children are like wet cement; whatever falls on them makes an impression."*  
— Haim Ginott, child psychologist

In addition to their own challenges, children are also often keenly aware and impacted when adults in their lives are experiencing emotional, financial, and, in some cases, physical struggles which have been experienced in far greater numbers as a result of COVID-19. Some children are even dealing with the loss of a close relative or family friend due to the pandemic.



Click [here](#) to listen as Dr. Shimi Kang, a psychiatrist and author, answers questions about the mental health challenges children face as they return to school during the COVID-19 pandemic and how to help them manage.

## MENTAL HEALTH ISSUES FOR KIDS AREN'T NEW, BUT THESE ISSUES ARE INCREASING IN THE WAKE OF COVID-19



**1 in 6 U.S. youth**  
aged 6-17 experience  
a mental health disorder  
each year<sup>1</sup>



Suicide is the  
**2nd leading cause of death**  
among children between  
ages 10 and 14<sup>2</sup>



Children coming to hospitals  
for mental health needs  
in 2021 is **15% higher**  
than two years ago<sup>3</sup>

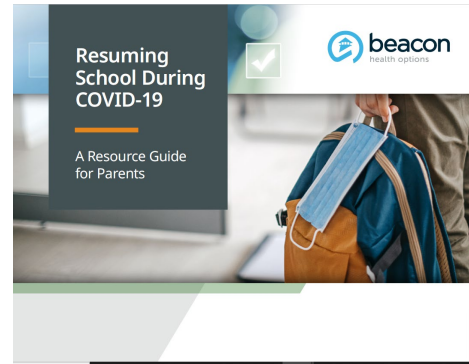
<sup>3</sup> Children's Hospital Association data referenced in [NPR article](#)

If you're enrolled in medical coverage under the State Health Plan, don't forget that your coverage includes a broad array of mental and behavioral health benefits and services, including office visits for a Primary Care Provider (PCP) copay (\$0 copay if you use a Clear Pricing Project (CPP) provider). If you cover your child as a dependent, he/she can use these benefits to get help for any mental health issues they may be experiencing. Click [here](#) for more information about your State Health Plan benefits.

# Wish there was a back-to-school parenting guide for COVID-19?

You're in luck! Check out the [Resuming School During COVID-19: A Resource Guide for Parents](#) from Beacon Health for helpful information. In addition to this guide, the [Beacon Health website](#) provides a lot of other great parenting information—explore the Family Care and Education topic.

For the latest COVID-19 guidelines and answers to frequently asked parent questions about returning to school, visit the [CDC website](#).



## The EAP is here for you and your child(ren)

Our EAP, provided by ComPsych, allows you **and your dependent children** to talk confidentially with an expert about any life challenges being experienced, including school issues. Each UNC constituent institution has an assigned phone number. Go [here](#) and scroll down to the contact chart to get the right number for you.

### Did you know?

50% of all lifetime cases of mental illness begin by age 14. If you think your child(ren) might have an issue, get them support as soon as possible.

Don't forget, the EAP also offers online resources via [Guidance Resources](#). To get to parenting resources, click on **Relationships** and then **Parenting**.

### TEACH YOUR CHILD(REN) TO BE RESILIENT BY MODELING RESILIENCY

The UNC System [COVID-19 Resilience Website](#) is here to help. It offers resources to help you cope with personal stress and building resiliency.

