



WASHINGTON: Mental Health Experts Race to Help Children Cope with Stay-at-Home Life amid Coronavirus Closures

April 10, 2020

News Type: Weekly Spark, Weekly Spark News

State: Washington

[The Seattle Times](#) [1]

To help kids cope during school closures, mental health professionals in Washington are offering virtual support. Some schools in the state have moved their mental health counseling online. Others monitor students' online searches for terms that suggest they might be struggling, and then connect those in need with support. The mental health consulting company DBT in Schools is now offering social and emotional skill-building sessions via Zoom. Area child therapists are also providing privacy-protected online sessions. Finding innovative ways to support students right now is critically important to preventing future suicide risk and mental health issues, said Jennifer Stuber of Forefront Suicide Prevention.

Spark Extra! Read more about [preventing youth suicide](#) [2].

Links within this resource

[1] <https://www.seattletimes.com/education-lab/mental-health-experts-race-to-help-children-cope-with-stay-at-home-life-amid-coronavirus-closures/>

[2] <http://www.sprc.org/populations/youth>

Printed on 12/04/2020 from <https://sprc.org/news/washington-mental-health-experts-race-help-children-cope-stay-home-life-amid-coronavirus>