

Social Emotional Wellness Checklist



- Is your child's behaviors regression? Are they displaying behaviors you thought they might've "outgrown"?
- Does your child have changes in appetite?
- Is your child experiencing sleep issues?
- Has your child's mood changed? Are they more irritable, less communicative, or just seem down?
- Is your child becoming clingy or withdrawn? Do they want to be around you more often or less often?
- Is your child having difficulty focusing?
- Is your child complaining about physical symptoms (headaches, stomach aches)?

COVID 19 has changed our way of life for the time being. These changes can have an impact on one's social emotional wellbeing. If you or your child are experiencing any of these changes, please consider contacting a mental health professional to assist you. With the proper support and guidance, you or your child will get through this.

Resources for professional help:

- The Therapy Labs www.thetherapylabs.com Offering free telehealth services
Call us 305-530-8119 or text us at 786-294-6206
- NAMI Miami www.namimiami.org Offering support groups and additional resources.
Call us 305-665-2540
- Centers for Disease Control and Prevention www.cdc.gov Offering up to date information and guidelines.
Call us 1-800-232-4636
- Florida Department of Children and Families
<https://www.myflfamilies.com/service-programs/samh/prevention/suicide-prevention/>
Call us 1-800-273-8255