



A Monthly Insight of Practical Tools to Help Your Family

# Wellness Today

For Parents & Families

## Therapy During Covid-19

Say you've decided your children would benefit from mental health therapy. Great! But how would that work while Covid-19 requires some restrictions? Therapy offices may be closed, or your children may be quarantined from a breakout at school, or your family may be taking extra precautions.

The answer could be teletherapy. Teletherapy is when you and your children would talk to a therapist live on video. The benefits of teletherapy include the following:

- Flexible
  - Shorter wait times
  - More comfortable.
- Your children could be in pajamas, and they may feel better with a screen acting as a sort of buffer between them and the therapist

However, if you decide to try teletherapy, be aware that bad internet connection could result in needing to reschedule, and you will need to make sure the teletherapy provider is HIPPA-Compliant and licensed in your state. For a list of teletherapy providers, click [here](#).

## How to Know If Your Children Need Therapy

Throughout your children's lives, they will experience difficult times. As a parent, it may be hard to determine if and when to get additional help. There's a lot to take into consideration. Are your children's difficulties getting worse? Are you worried their difficulties will get worse? Here are some things to look for that could be helpful when deciding whether or not to seek help.

### Signs Your Children May Need Therapy

- **Show excessive worry or hopelessness.** This could include saying phrases such as, "Why even bother," "I don't know what I'll do if [something] happens/doesn't happen," or "I don't want to be here anymore."
- **Withdraw from people or from activities** they usually like.
- **Exhibit excessive negative behavior or reckless behavior** that's unusual for them.
- **Have extreme changes in eating and sleeping habits** that last at least a few days.

- **Show some self-destructive behaviors**, like hurting themselves, pulling out hair, and drinking alcohol/taking drugs.
- **Have regressions**, like bed wetting, throwing out-of-control tantrums, and being clingy.
- **Frequently complain about physical pain**, such as headaches.
- **Show problems with memory or concentration**, which may affect academic performance.
- **Talk about suicide.**

Some of these alone are normal for children to experience, especially during the current pandemic. An occasional bad day is normal; your children are learning how to navigate all sorts of emotions. If you're worried about certain behaviors, pay attention to how often it happens, how severe it is, and if it's a normal behavior for kids that age to have.

It is important to note that *if your children talk about suicide or are in a serious situation, seek help immediately* by calling 911 or the Suicide Prevention Lifeline: 800-273-8255.