

COVID HOW IS IT AFFECTING YOUR CHILD?

Coronavirus (COVID-19) can affect children and young people directly and indirectly. Beyond getting sick, many young people's social, emotional, and mental well-being has been impacted by the pandemic.

Here are some warning signs and symptoms to be on the lookout for. Is your child...

- > Staying in bed most of the day?
- > Staying in pajamas daily and not getting dressed in clean clothes?
- > Eating more or less?
- > Sleeping more or less?
- > Experiencing irregular mood changes/irritability?
- > Lacking motivation?
- > Reporting feeling lonely, guilty, sad or angry?
- > Feeling fatigued?
- > Struggling with concentrating/focusing?
- > Experiencing loss of energy?
- > Crying more than usual?
- > Experiencing a loss of interest in activities and interests?
- > Isolating?
- > Restless?
- > Short tempered or easily agitated?
- > Not completing tasks/homework?
- > Refusing to turn on computer or video for school?



If you are concerned your child is exhibiting one or more of these symptoms, now would be a good time to reach out for some support and counseling. The YMCA is here to help you! We are currently offering in person and telehealth counseling to children and adolescents ages 3 and up at a variety of outpatient and school locations throughout Monmouth, Ocean and Middlesex County.



For additional information and to access services call 732.290.9040.

We accept Medicaid and private insurance from Aetna and Horizon Blue Cross Blue Shield at all of our locations.

YMCA OF GREATER MONMOUTH COUNTY

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121-5534-CSS

Here for all.

Financial assistance is offered based on availability of funds.