



Governor's Office for New Americans

PRESS RELEASE

FOR IMMEDIATE RELEASE

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The Governor's Office for New Americans issue new PSA: Managing your Family's Mental Wellbeing During COVID-19

Las Vegas, NV – Today, the Governor's Office for New Americans (ONA) released Public Service Announcement in English and Spanish on how to talk with children about COVID-19.

The PSA features Licensed Clinical Therapists, Ingrid Sanchez and Margarita Romano, of Silver State Health in Las Vegas, NV who recommend how parents and caregivers with children can manage stress and anxiety in the midst of the COVID-19 Pandemic. The therapists underscore the importance of maintaining an established routine as key to promoting stability and helping children feel safe. Finding creative ways engaging with children can promote calmness even when adults may be feeling stressed. Similarly, it is also vital that caregivers validate feelings of stress and discover healthy ways of responding to stressors through self-care and self-compassion.

The Office for New Americans recognizes the importance of mental health providers in supporting our communities during this unprecedented time. "Parents and caregivers are doing the best they can. It is our hope that the therapists' message helps to normalize common responses to stressful situations out of our control, while providing

The Governor's Office for New Americans works to bridge the world of state government and the complex changes in immigration law and policy that affect all Nevadans, as well as break down bureaucratic barriers that can hinder economic self-sufficiency.

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practical advice of responding in a way that is beneficial to the emotional wellbeing of the entire family.” said Amaka Ozobia, Director of ONA.

“Speak with children daily. Keep open communication, this will go a long way in strengthening your family bond and teach children how to manage their own stress levels in the future” added Margarita Romano, Clinical Director at Silver State Health.

Connecting with trusted family members or friends during stressful times can be helpful. The following are resources offer crisis counseling and support:

- Silver State Health: 702- 451-7542
- Nevada Crisis Line Call 211 or 775-784-8090 This is available 24 hours a day, 7 days a week.
- Northern Nevada Child and Adolescent Services at (775) 688-1600
- Kids First Family Services (Northern NV): 775-348-9047
- NAMI Northern Nevada at: 775-470-5600
- SAMHSA Disaster Distress Helpline: Call (800) 985-5990. Press 2 for Spanish language support [En Español].
- Crisis Intervention and Suicide Prevention/775-784-8085 or text LISTEN to 839863. Services are free, confidential and 24/7.www.crisiscallcenter.org

Please visit the ONA’s website at <http://ona.nv.gov> to find more COVID-19 information and resources for immigrants and refugees in Nevada.

You can find additional information and resources on COVID-19 on the Nevada Health Response Center website at <http://nvhealthresponse.nv.gov>.

The PSA can be found online here: <http://ona.nv.gov/PSA/Announcements/>

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