



## HOW COVID-19 IMPACTED Student Performance

### WHEN STEADY PAY IS NOT MANAGEABLE

Job loss due to COVID-19 can cause your child & family to experience anxiety, stress, or even pressure to help financially- leading to not prioritizing academics.

### WHEN THERE ARE DISRUPTIONS TO IN-PERSON EDUCATION

This can lead to students falling behind and feeling stressed. Long-term school closures led to reduced learning hours for students, causing many to fall behind. Your child may still struggle with "catching up" and need more one-on-one attention.

### FEELINGS OF ISOLATION AND LONELINESS POST-PANDEMIC

This can lead to feelings of sadness or anxiety. Long-term isolation from others has caused many to struggle with returning to socialization

### SIDE EFFECTS FROM LONG COVID

This can lead to confusion, frustration, and even fatigue. If you or your child got COVID-19 at any point, you may be experiencing long-term side effects such as difficulty thinking or concentrating, anxiety & mood changes, brain fog, confusion, and/or sleep disturbances. It is essential to check in with yourself and your child about HOW you feel so that you can seek the support you need.





**IF YOU NOTICE ANY OF THESE CHANGES IN YOURSELF OR YOUR CHILD, DON'T WAIT AND REACH OUT TO THE CRISIS TEXT LINE BY TEXTING "HOME" TO 741741 TO CONNECT WITH A VOLUNTEER CRISIS COUNSELOR.**

**YOU CAN ALSO CONTACT PROGRESO LATINO'S WELLNESS DEPARTMENT AT (401) 728-5920 EXT: 137**

**SCAN QR CODE BELOW FOR OTHER LOCAL MENTAL HEALTH SERVICES IN PROVIDENCE COUNTY.**



PODER en SALUD is a national project of PROCEED, Inc., that is 100% supported under BBHLC To Respond To COVID-19 which is supported by the Centers for Disease Control and Prevention (CDC) of the U.S. Department of Health and Human Services (HHS) under CDC/HHS as part of a financial assistance award totaling \$1,100,000 with 100% funded by CDC/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement by, CDC/HHS, or the U.S. Government.



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### WHEN YOUR FAMILY MEMBERS DON'T HAVE A STEADY INCOME

Family members loss of income can cause stress and uncertainty. Wanting to help your family while going through money problems can hurt your mental health. This added stress can even impact how well you do in school.

### WHEN ONLINE EDUCATION REPLACES IN-PERSON LEARNING

This can lead to falling behind in your work and feeling worried. Long-term school shutdowns and shifts to online learning have caused many students to fall behind in their academics. Online learning may be stressful for you if you need hands-on support. Ask for help if you need it.

### FEELINGS OF LONELINESS POST-PANDEMIC

This can lead to feelings of sadness or anxiety. School and community shutdowns caused long gaps in hanging out with classmates, friends, and family. It is essential to check in with yourself about how you are feeling today.

### SIDE EFFECTS FROM LONG COVID

This can lead to confusion, frustration, and even fatigue. Long COVID has caused many people to suffer from memory issues and brain fog, which may cause distress when preparing for exams or learning new information. If you're having difficulty thinking or concentrating, experiencing anxiety or mood changes, feeling confused, or having trouble sleeping, speak with your parent or an adult you trust.





**IF YOU HAVE ANY OF THESE SYMPTOMS, SPEAK WITH A TRUSTED ADULT OR REACH OUT TO THE CRISIS TEXT LINE BY TEXTING "HOME" TO 741741 TO CONNECT WITH A VOLUNTEER CRISIS COUNSELOR**

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