



**FOR IMMEDIATE RELEASE
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“Got MPE?” *Healing Magazine* Offers Ways to Safeguard Mental Health During COVID-19

SCHNECKSVILLE, PA (November 17, 2020) - The COVID-19 pandemic brought the acronym “PPE” (for “Personal Protective Equipment”) into everyday language, amid shortages of materials used to limit and prevent infection in hospitals, nursing homes and other venues. Now, with the pandemic reaching new highs and a “new normal” emerging, experts are advising us **to safeguard our mental health** as we protect our physical well-being.

The latest issue of KidsPeace’s *Healing Magazine* devotes its Spotlight section to examining how COVID-19 is changing mental health in America. The lead article proposes a set of actions to address the chronic stress of managing through the pandemic – using what authors Matthew Koval, M.D. and Jodi Whitcomb call **“MPE – mental health protective equipment:”**

- **Good Sleep and Nutrition**
- **Practice Coping Skills**
- **Limit Media Exposure**
- **Helping Relationships**
- **Access to Mental Health Care**

Other Spotlight articles discuss **the impact of COVID-19 on outpatient care and foster families, the growth of tele-health options for treatment, and how a group dedicated to advocacy for those facing mental health challenges is meeting the needs of more and more people** for support at this critical time.

The Fall/Winter 2020 edition also features **a plea for parents to practice and teach empathy**, an examination of **the role of peer counseling in high schools**, and suggestions for therapists and other professionals on **self-care** as they work to help others.

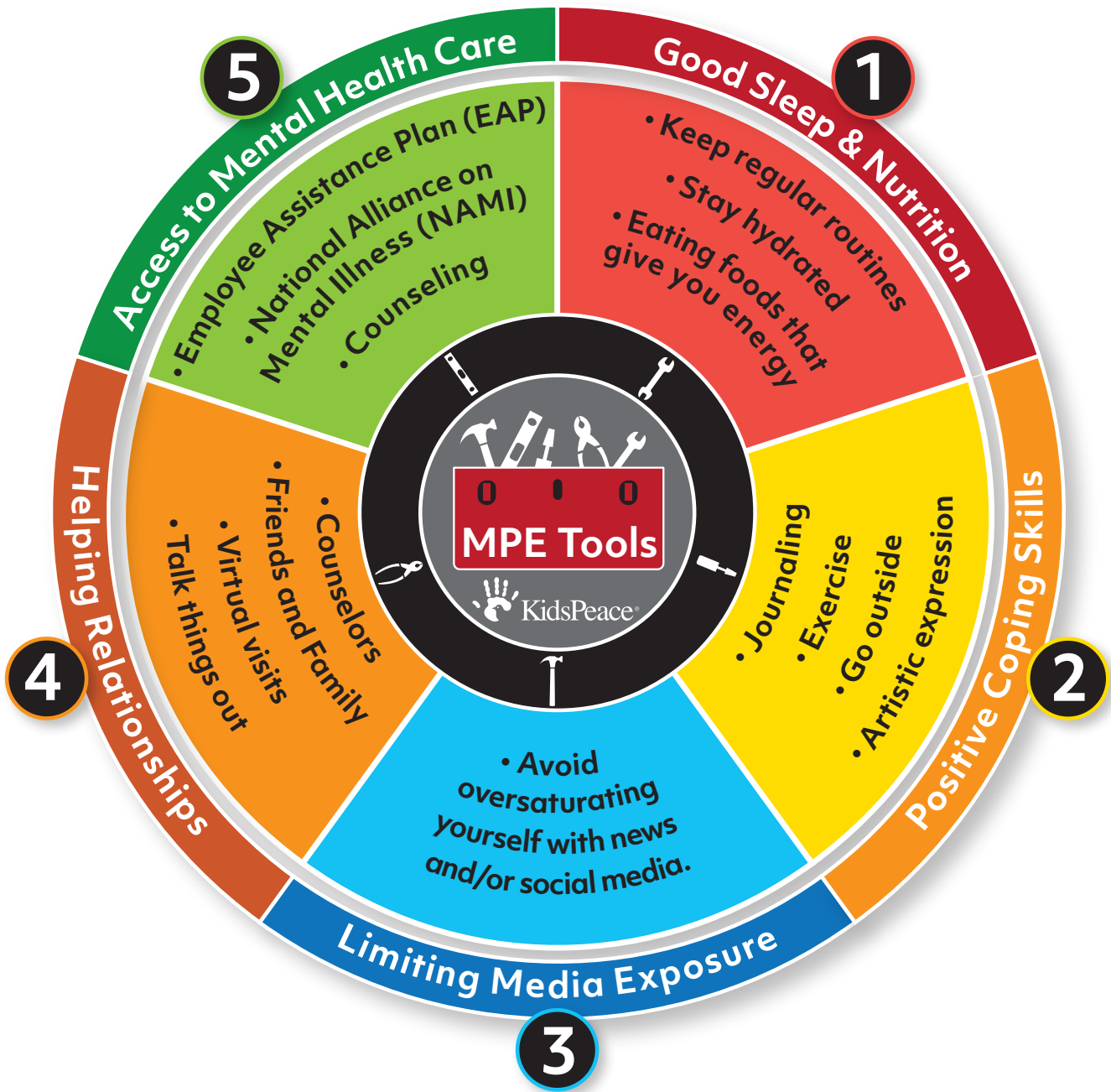
Healing Magazine is published twice a year by KidsPeace, and features information for clinical professionals, parents, teachers and anyone who has an interest in seeing young people grow and thrive in today’s world. The full magazine and articles are available for download or sharing at www.healingmagazine.org. In addition, individuals interested in receiving future issues of *Healing Magazine* in hard copy form can subscribe for free at the website.

Since 1882, KidsPeace has been building on its expertise to give hope, help and healing to children, adults and those who love them. Through its comprehensive range of residential treatment programs; accredited educational services; unique psychiatric hospital and foster care and community-based programs, KidsPeace is dedicated to helping people connect, transform and overcome their challenges to ensure a stable future, transition to adulthood and gain independence. Since its doors opened, nearly 300,000 children have participated in one of the multitude of programs KidsPeace offers.

For additional resources or more information on how to get involved, become a foster parent or make a donation, please visit www.kidspeace.org. Follow us at www.facebook.com/kidspeace.org or on Twitter @KidsPeace.



KidsPeace Mental Health Protective Equipment (MPE) Toolkit



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