

Mental Health Resources:

- All county mental health offices are working remotely but still accessible.
- All crisis numbers are active:
 - Greene Co: 1-800-417-9460
 - Fayette: 724-437-1003
 - Washington: 877-225-3567
- PA state live crisis line: Text PA to 741741.
- National Suicide Prevention Hotline: 1-800-273-8255
- Mental health providers are providing services remotely via telepsych and other virtual means.
- Toolkit to support youth with autism to be shared with families:
<https://ed.unc.edu/2020/03/19/unc-team-creates-online-toolkit-for-those-supporting-individuals-with-autism-during-covid-19-epidemic/>.
- CDC Guidance on Mental Wellness during crisis:
<https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>
- Guide for Families from National Center of Traumatic Stress Network:
https://www.nctsn.org/sites/default/files/resources/fact-sheet/outbreak_factsheet_1.pdf.
- Substance Abuse and Mental Health Services Administration tips for Talking to Children:
<https://suicidepreventionlifeline.org/wp-content/uploads/2020/03/PEP20-01-01-006-508.pdf>.
- Resources from Mental Health of America: <https://mhanational.org/covid19>.
- Interactive Coping Toolkit:
https://www.vibrant.org/safespace/?_ga=2.130988038.847423236.1585068881-1912100212.1585068881.

Child Mind Institute

Supporting Kids During the COVID-19 Crisis: Tips for nurturing and protecting children at home

<https://childmind.org/article/supporting-kids-during-the-covid-19-crisis>

How to Avoid Passing Anxiety on to Your Kids

<https://childmind.org/article/how-to-avoid-passing-anxiety-on-to-your-kids/>

Humanity Crew

Video Talking to Kids About the Coronavirus

<https://www.facebook.com/HumanityCrew/videos/201670141106110/>

Child Traumatic Stress Network

Parent Caregiver Guide to Helping Families Cope with the Coronavirus

<https://www.nctsn.org/resources/parent-caregiver-guide-to-helping-families-cope-with-the-coronavirus-disease-2019-ch>

Guía de ayuda para padres y cuidadores para ayudar a las familias a enfrentar la enfermedad Coronavirus 2019 (COVID-19)

<https://www.nctsn.org/resources/parent-caregiver-guide-to-helping-families-cope-with-the-coronavirus-disease-2019-sp>

SAMHSA

Tips For Social Distancing, Quarantine, And Isolation During An Infectious Disease Outbreak

<https://www.samhsa.gov/sites/default/files/tips-social-distancing-quarantine-isolation031620.pdf>

Tips to help explain social distancing via social stories, visual cues and/or videos

<https://www.myodp.org/mod/book/view.php?id=25106&chapterid=91>

Visit ODP (Office of Developmental Program) for a variety of other resources

<https://www.myodp.org/mod/page/view.php?id=26808>

COVID-19 Resources:

<https://tinyurl.com/w9zu8aj>

Anxiety Helper app has guided deep breathing, color coded questions to shift away from escalating anxiety, and the guided steps if having a panic attack. The app also has many other resources:

<https://apps.apple.com/us/app/anxietyhelper/id1028767781>

Verena:

<https://kottke.org/18/01/verena-app-abuse-protection>