

# **COVID-19 Resource Guide**

## **For Parents, Families, and Teens**



## **COVID-19 Information and Resources**

### **National Alliance on Mental Illness**

<https://www.nami.org/getattachment/About-NAMI/NAMI-News/2020/NAMI-Updates-on-the-Coronavirus/COVID-19-Updated-Guide-1.pdf>

### **The National Child Traumatic Stress Network**

[https://www.nctsn.org/sites/default/files/resources/fact-sheet/outbreak\\_factsheet\\_1.pdf](https://www.nctsn.org/sites/default/files/resources/fact-sheet/outbreak_factsheet_1.pdf)

### **Center for Disease Control**

<https://www.cdc.gov/coronavirus/2019-nCoV/index.html>

### **CDC Frequently Asked Questions**

[https://www.cdc.gov/coronavirus/2019-ncov/faq.html?CDC\\_AA\\_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fprepare%2Fchildren-faq.html](https://www.cdc.gov/coronavirus/2019-ncov/faq.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fprepare%2Fchildren-faq.html)

## **For Parents: How to Help Your Teen**

### **How to Talk to Teens About the New Coronavirus**

<https://www.health.harvard.edu/blog/how-to-talk-to-teens-about-the-new-coronavirus-2020031419192>

### **Talking to Kids About the Coronavirus**

<https://childmind.org/article/talking-to-kids-about-the-coronavirus/>

### **Talking to Children About COVID-10 (Coronavirus): A Parent Resource**

[https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-\(coronavirus\)-a-parent-resource](https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource)

### **Supporting Families During Covid-19**

<https://childmind.org/coping-during-covid-19-resources-for-parents/>

### **How to Help Your Teenager Manage Stress During COVID-19 Pandemic**

<https://www.pediatrics.wisc.edu/uw-pediatrician-how-to-help-your-teenager-manage-stress-during-covid-19-pandemic/>

### **Helping Children and Teens Cope with Anxiety About COVID-19**

<https://pulse.seattlechildrens.org/helping-children-and-teens-cope-with-anxiety-covid-19/>

### **Combatting Stress and Anxiety in Family Life During Covid-19**

<https://news.ncsu.edu/2020/03/combating-stress-covid/>

### **COVID-19 Tips for Wellbeing**

<https://www.cis.tennessee.edu/covid-19-resource-dashboard/covid-19-tips-well-being>

### **Stressed About COVID-19? Here's What Can Help**

<https://www.hopkinsmedicine.org/health/conditions-and-diseases/coronavirus/stressed-about-covid19-heres-what-can-help>

### **Managing COVID-19 Anxiety**

<https://adaa.org/finding-help/coronavirus-anxiety-helpful-resources>

## **For Teens: Health & Well-Being**

### **Managing Stress and Anxiety**

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>

### **Teen Mental Health Toolbox**

<http://teenmentalhealth.org/toolbox/>

### **Tips for Social Distancing, Quarantine & Social Isolation**

<https://www.samhsa.gov/sites/default/files/tips-social-distancing-quarantine-isolation-031620.pdf>

### **How Teenagers Can Protect Their Mental Health During COVID-19**

<https://www.unicef.org/coronavirus/how-teenagers-can-protect-their-mental-health-during-coronavirus-covid-19>

### **COVID-19: Mind, Body and Spirit**

<https://www.creighton.edu/about/covid-19/mind-body-and-spirit>

### **Q&A on COVID-19 and Mental Health**

<https://www.youtube.com/watch?v=zDx1LKkk5c4>

### **Podcast on Mental Health and Wellness During a Public Health Crisis**

[https://soundcloud.com/dbsalliance/mental-health-and-wellness-during-a-public-health-crisis?utm\\_medium=email&utm\\_source=dbsa&utm\\_content=1+-+Listen+to+the+podcast&utm\\_campaign=COVID-19&source=COVID-19](https://soundcloud.com/dbsalliance/mental-health-and-wellness-during-a-public-health-crisis?utm_medium=email&utm_source=dbsa&utm_content=1+-+Listen+to+the+podcast&utm_campaign=COVID-19&source=COVID-19)

## **Activities & Exercises for Stress Reduction**

### **COVID-19: Tips for Mindfulness & Coping with Anxiety**

<https://newsnetwork.mayoclinic.org/discussion/covid-19-tips-for-mindfulness-coping-with-anxiety/>

### **Headspace Free Meditations**

<https://www.headspace.com/covid-19>

### **Free Guided Meditations and Exercises**

<https://centerformsc.org/practice-msc/guided-meditations-and-exercises/>

### **Yoga With Adriene**

<https://www.youtube.com/user/yogawithadriene>

### **Compassion Based Exercises**

<https://www.compassionatemind.co.uk/resources/exercises>

### **Art Resources During Covid-19**

<https://culturela.org/programs-and-initiatives/arts-resources-during-covid-19/>

### **LGBTQ Online Resources for Challenging Times**

<https://www.genderspectrum.org/blog/resources-for-challenging-times/>

## Crisis Resources

If you feel suicidal, you can get confidential, judgment-free help from the **National Suicide Prevention Helpline** if you call **1-800-273-8255** or text **TN to 741741**

**TN Statewide Crisis Line: 855-274-7471**

### **What To Do If You Are In Crisis**

<https://www.goodtherapy.org/in-crisis.html>

### **The Trevor Project for LGBTQ Youth**

<https://www.thetrevorproject.org/get-help-now/>

### **LGBT National Help Center**

<https://www.glbthotline.org/>

## Food Resources

### **Tennessee Food Pantries**

<https://www.foodpantries.org/st/tennessee>

### **Middle TN**

<https://www.secondharvestmidtn.org/get-help/>

### **East TN**

<https://secondharvestetn.org/find-a-food-pantry/>

### **West TN**

<https://www.ccwtn.org/programs/fig-tree-emergency-services/food/>

## Community Resources

### **Education**

Skillshare is currently offering free K-12 classes, content, and community workshops.

<https://www.skillshare.com/blog/company/were-in-this-together-and-we-want-to-help>

### **Transportation**

LyftUp ride access program: <https://www.lyft.com/lyftup>

### **Utilities**

For help with paying bills, search here for available resources available in your county (rent assistance, energy bills, electric/ heating, medical bills, mortgage assistance).

[https://www.needhelppayingbills.com/html/tennessee\\_utility\\_and\\_energy\\_b.html](https://www.needhelppayingbills.com/html/tennessee_utility_and_energy_b.html)

### **Unemployment**

For help with understanding the process of applying for unemployment, accessing the online application, tracking your application and knowing what to expect after filing:

<https://www.tn.gov/workforce/unemployment/apply-for-benefits.html>

File for Tennessee unemployment or view current job openings at:

<https://www.jobs4tn.gov/vosnet/Default.aspx>

### **Financial**

Families First/TANF provides temporary cash benefits to families who have children and are experiencing financial difficulties. Call 1-866-311-4287 or visit the website for more information and to live chat.

<https://www.tn.gov/humanservices/for-families/families-first-tanf.html>

<https://www.tn.gov/content/dam/tn/human-services/documents/Family%20Focused%20Solutions%20Providers%207-2019.pdf>