

Resource sections available below:

- [General Crisis Resources](#)
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General crisis support (including severe anxiety and suicidal thoughts):

1. Food bank locations or food resources can be found by visiting www.auntbertha.com or by the Why Hunger hotline at 1(800) 5-HUNGRY (1-800-548-6479).
2. Dr. Feliciano is a school and clinical psychologist who has compiled a list of 25 practices that are more beneficial and practical than most other lists and go beyond the typical “common sense” ideas (things you already knew) that you’ll see elsewhere. Check out her recommendations online here: <https://energyresourcing.com/blog/mental-health-wellness-covid-19/>
3. For those needing someone to talk to, but who are not quite in a crisis, consider using the Michigan Warmline at 888-PEER-753 (888-733-7753). It is available every day from 10 am - 2 am. This free service connects individuals to certified peer support specialists who have lived experiences of behavioral health issues, trauma or personal crises, and are trained to support and empower the callers. It is intended to serve individuals living with persistent mental health challenges including anxiety, depression, and trauma.
4. For individuals feeling extremely stressed by COVID-19 or other traumas, consider contacting the Disaster Distress Helpline available 24/7 at 800-985-5990.
5. For adults feeling very anxious, suicidal, or in need of extra support in an emotionally safe place, this is an online source where you can chat in real time: vibrant.org/safespace/ or call 1-800-273-8255.
6. Another crisis support option is the National Suicide Prevention Lifeline: <https://suicidepreventionlifeline.org/> or call 1-800-273-8255
7. Here is a link to a web site that has stories about strength after natural and public health crises: <https://strengthafterdisaster.org>
8. If you need some calming background noise/sound, you can check out this highly customizable website: <https://mynoise.net/preface.php>

Here are some potential resources for individuals who have experienced trauma (such as PTSD):

1. For those needing someone to talk to, but who are not quite in a crisis, consider using the Michigan Warmline at 888-PEER-753 (888-733-7753). It is available every day from 10 am - 2 am. This free service connects individuals to certified peer support specialists who have lived experiences of behavioral health issues, trauma or personal crises, and are trained to support and empower the callers. It is intended to serve individuals living with persistent mental health challenges including anxiety, depression, and trauma.
2. For individuals feeling extremely stressed by COVID-19 or other traumas, consider contacting the Disaster Distress Helpline available 24/7 at 800-985-5990.
3. For veterans, the U.S. Department of Veteran's Affairs (VA) offers this: "If you need help right away, contact the Veterans Crisis Line: 1-800-273-8255 Press "1" if you are a Veteran." (from https://www.ptsd.va.gov/covid/COVID_managing_stress.asp)
4. The VA offers a document for managing stress associated with the COVID-19 situation available here: <https://www.ptsd.va.gov/covid/COVID19ManagingStress032020.pdf>
5. The Institute for Disaster Mental Health has put together a helpful document for how adults can manage stress and anxiety during the COVID-19 situation. It is available here: <https://newpaltz.edu/media/idmh/covid-19/IDMH%20COVID19%20Community%20Stress%20Management%20Tip%20Sheet%202020%20Final.pdf>
6. The American Psychological Association has compiled a list of resources available to help individuals with mental health needs here: <https://www.apa.org/topics/covid-19/local-mental-health>
7. For those struggling with substance use issues during this time, the Boston Medical Center offers a great list of resources here: <https://www.bmc.org/addiction/covid-19-recovery-resources>

Resources related to domestic violence:

1. For facts and resources about intimate partner violence from the American Psychological Association, visit this site: www.apa.org/topics/violence/partner
2. Contact information for the local safe shelter for domestic violence: www.cfsswmi.org • (269) 925-1725 x 146 • Cell (269) 363-9243
3. The National Hotline on Domestic Violence can help identify local programs and offer safety planning assistance to survivors or concerned family members. The Hotline is staffed by advocates available to talk 24/7 at **1-800-799-SAFE (7233)** in over 170 languages and also online at: www.thehotline.org. All calls are confidential and anonymous.

4. RAINN (Rape, Abuse & Incest National Network) is the nation's largest anti-sexual violence organization. RAINN created and operates the National Sexual Assault Hotline (800.656.HOPE) and www.rainn.org (with a live chat) in partnership with more than 1,000 local sexual assault service providers across the country.
5. Adult Abuse reporting and Protective Services: 800-996-6228
6. United Way can put people in touch with a wide variety of local community resources to meet a wide variety of needs: Dial 211.

Resources especially for older adults (in addition to resources listed above):

1. Well Connected is a fantastic source of social engagement available for free and daily.
 - a. Here is a link to the website with information about the program: <https://covia.org/covid-19-response-and-resources/information-about-community-services-programs/>
 - b. Here is a link to information about the many telephone-based (and some online-based) programs: <https://covia.org/wp-content/uploads/2019/10/Catalog-ENGLISH-Fall-2019.pdf>
2. Activities that you can do from home (retrieved from <https://gerocentral.org/clinical-toolbox/covid-19-resources/>):
 - a. [Virtual museum tours](#)
 - b. [San Diego Zoo animal cams](#)
 - c. Visit a virtual theater
 - i. [Metropolitan Opera nightly encore shows](#)
 - ii. [LA Theater Works](#)
 - iii. [Kennedy Center Digital Stage](#)
 - d. [Activity Checklist from Stanford University](#)
 - e. Learn something new:
 - i. Mather Telephone Topics- With Telephone Topics, you simply call a toll-free number to listen to a wide range of interesting discussions and programs. Register [online](#) or call (888) 600-2560 to get started. Free of charge.
 - ii. [Open Culture](#) offers 1,500 free online courses from top universities.
 - iii. [Coursera.org](#)
 - iv. [edx.org](#)
 - f. Listen to poetry: Listen to recordings of Allen Ginsberg and other poets on [Phone-a-Poem](#), the 1970s Poetry Hotline.
 - g. Move around: Below are links to exercise videos you can watch on your computer or phone.

- i. [Go4Life from the National Institute on Aging](#)
- ii. [Fitness Blender Total Body Chair Workout](#)
- h. Think about What Matters: Take time to visit the [Schaalman Senior Voices Film Library](#) to watch inspiring films that aim to strengthen the wellbeing of older adults and their communities.
- i. [Social Activities At Home](#)
- j. [Explore Live Cams](#)

Here is information and resources especially for parents:

How can I support my children through the dramatic changes they are experiencing?

Children need to feel safe and have their basic needs met before they will be able to behave at their developmentally appropriate level (see Maslow's hierarchy of needs). Right now, children may feel insecure because of all of the changes and the things they are hearing about sickness and death. This can lead them to all kinds of thoughts and fears that may seem irrational to adults, but children do not have the many years of life experience that adults can draw from which can lead to very anxious thoughts and feelings for kids.

Ways to support children include some of the following:

1. Give children many opportunities to talk about how they are feeling. Ask children what they feel and what they think. Always affirm their feelings and thoughts as natural and understandable. Gently correct any inaccurate thoughts or beliefs that they might have—this gentle correction may need to involve tangible, concrete objects that will help children understand how they are safe and will be taken care of. For example, some kids might need a paper certificate that states who will care for them and which they can post on their wall to help them feel safe.
2. Children need to trust that their basic needs will be taken care of. Do not promise things that you cannot guarantee, but let children know what adults are doing to keep children safe and cared for. Let children know that even if Mom and Dad get sick, there are other loving family members and friends who will take care of the children if needed.
3. One of the most anxiety provoking experiences for children is not knowing what to expect. While we cannot control everything in our world, developing and following a daily routine can be very helpful for reducing children's anxiety and increasing their sense of safety because they know "what is next." For example, have set times each day for meals, for family time or worship, for getting out of bed, for going to bed, for learning and school, for play, for TV or computer, for cleaning their room, for taking a bath, for helping with

chores around the house, for one-on-one time with a parent, etc. You can build some flexibility into the schedule as well—for example, have some times during the day when the child gets a “free choice.” However, during these stressful times, it can be difficult for children to make choices, so sometimes you might need to give a limited set of choices, such as, “Do you want to play a game with Dad, or do you want to make muffins with Mom?” (Those are pretty stereotypical Dad/Mom activities—Dad can bake and Mom can play games, of course.)

4. When children hear the news and media stories, give children a chance to talk about what they heard. Children often misunderstand the news and they need an adult to help them understand what is happening. For example, during the 9-11 attacks on the World Trade Center, children saw news clips of a plane crashing into the towers. But since the news media showed those video clips over and over again, some children thought it was actually happening multiple times even though it was a video of the same thing being played multiple times. Therefore, it is important to give children a chance to talk about what they heard and correct misunderstandings.
5. Turn off the news! It is not helpful for kids (nor adults) to hear the same grim news over and over again all day. While it may be important to listen to or read the news headlines once or twice a day, do it at a time when children are not around in order to prevent unnecessary trauma for children. Adults need a break too. Instead of the news, consider playing educational programming, stories of historical or biblical heroes who overcame challenging circumstances, videos about the wonders of nature, etc.
6. Sometimes children do not have the words they need to share what they are experiencing. You can give children paper and pencils/crayons/markers to draw with and ask them to draw what things are like for them, or, to draw how they are feeling. Ask them to tell you about their drawings. Do not criticize their drawings and do not tell them what they feel is wrong—feelings happen and cannot be “wrong.” Tell them that their feelings make sense and help them think of ways to change negative feelings into more positive feelings, such as, by drawing a happy picture, singing happy songs (*VeggieTales* has some pretty silly and upbeat songs), or participating in a fun activity.

At home what are some of the things that can help parents to organize their time with children and make this time meaningful and productive?

Some ideas were mentioned above. Here are some more ideas for organizing time and making the time meaningful and productive.

1. If you have a poster board, you can write out the daily schedule on the poster board. Or, use a whiteboard, a chalkboard, or simply write it out on pieces of paper. Using pictures next to each activity on the schedule can be helpful for young children.

2. Children need a sense of control too. Asking them to look at the schedule and tell you what is next is a way of giving simple, appropriate control. Giving children simple choices can also help them have a sense of control. For example: “Would you like to have green beans or broccoli for lunch?” The choice is not about whether or not there will be vegetables, but giving them a choice about which type of vegetables helps children feel more of a sense of control. Or, “Would you like to do your schoolwork at the dining room table or at the living room table?” Or, “Would you like to work on math first or on reading first?”
3. Although it is important for children to learn social interaction skills by spending time with other children (see Piaget’s work), children usually learn the most and find activities to be the most meaningful when they do things with an adult (see Vygotsky’s work). Although adults may be busy working from home during this time, it is important for adults to schedule specific times and activities to do with children. Even involving children in the adult’s daily chores can be meaningful for children. For example, have children set the table while adults cook the food. Or, have children push the chairs back under the table after adults are done vacuuming. Giving children meaningful roles to play is very helpful for their development of skills and their sense of industry (see Erikson’s stages of psychosocial development).
4. During times of crisis, meaning often comes from deliberately bringing good out of terrible situations. Help children find ways to serve others or bring joy to others. For example, send handmade get well cards to people who are sick. Or, have children sing songs over Zoom or Facetime to someone who needs to be cheered. Maybe a young person could read a book (by phone or Zoom) to someone who is too sick to read on their own.

What about self-care as a parent or caregiver? What are some ways parents can find ways to process their own anxiety and tiredness from the full-time childcare during these times?

Adults can become exhausted during these times of increased interaction with their kids and fewer opportunities to get away. A few weeks ago, adults sent children to school for many hours of the day. Now, most children are at home all day without any breaks for adults. It can be very tiring and emotionally draining, especially for parents with children with special needs. Adults need to take care of their own emotional health so that they can continue to care for their children.

Ways to take care of your own emotional health:

1. Find ways to keep in touch with other adults. This might mean using Skype or Facebook or the phone to maintain contact with other adults. It is helpful when you can talk about your experiences and find validation for your emotions when you discover that other people are

having the same feelings and experiences that you are. Schedule time for these contacts in your daily or weekly schedule if possible.

2. Schedule time away or “down time” into the daily routine at home. Set times when children engage in an activity quietly in their rooms for 15 or 20 minutes while you get time away. It is amazing how rejuvenating just 15 or 20 minutes of “away” time can be. If your children have a hard time staying in their room for 15 or 20 minutes, talk together about things that they can do during that time and perhaps make a reward for days when they stay in their room for the whole time—for example, they get to pick out the dessert for lunch, or they get to engage in a favorite activity, etc.
3. Write in a gratitude journal. Research has shown that engaging in thoughts of gratitude is healthful. Do not pretend that bad things are good, but do identify things for which you are grateful. For example: Did you get to talk to a friend today? Write that down in your gratitude journal. Are you still healthy? Really pay attention to and appreciate your good health right now. Did the sun shine today? Be grateful for the warmth and cheer the sun brings. Did your child give you a compliment or did they hug you or try to help you with a task? Wow! Be grateful for what a great kid you have. Did God bring a meaningful verse or song to your heart when you were feeling down? Write it out in your gratitude journal.

What helpful resources are available for adult caregivers?

Here are some very high quality online resources:

Emotional and Mental Health resources:

1. [Childmind.org](https://www.childmind.org) is an exceptional site at all times, but they have additional helps for parents, children, and professionals during the COVID-19 crisis. They are the first stop I recommend to anyone interested in evidence-based parenting approaches, guidance for dealing with kids with special needs, and exceptionally helpful information about all things children/adolescents.
 - a. Childmind.org offers daily tips for parents that you can have delivered automatically to your email box if you want. Every day, they publish a video and a tip for supporting families through the coronavirus crisis. You can sign up here: <https://signup.e2ma.net/signup/1917784/1800565/>
 - b. Here is a link to their web page with specific information for the COVID-19 crisis: <https://childmind.org/coping-during-covid-19-resources-for-parents/>
2. [InfoAboutKids.org](https://www.infoaboutkids.org) is the American Psychological Association’s web page that has many, many different languages that can be selected at the top right. It provides adults with helpful information about developmental expectations and changes for children in general,

but they also provide some resources right now for helping kids deal with COVID-

19: <https://infoaboutkids.org/>

3. For youth feeling very anxious, suicidal, or in need of extra support in an emotionally safe place, this is an online source where you can chat in real time: vibrant.org/safespace/ or call 1-800-273-8255.
4. Another online crisis support option is the National Suicide Prevention Lifeline: <https://suicidepreventionlifeline.org/> or call 1-800-273-8255.
5. If you have a child with ADHD, the [ADDitudemag.org](https://additudemag.org) web site has a lot of excellent advice, resources, and tools (including videos) that may be helpful. They offer special resources for how to help kids with ADHD do school at home during the COVID-19 situation including articles about boredom busters for kids, how to stick to routines, and handling “emotional explosions”: <http://additudemag.com/>
6. If you are divorced or separated, the [UpToParents.org](https://uptoparents.org) website provides helpful advice (videos and articles) for how to help children thrive in spite of the problems that parents are having: www.uptoparents.org
7. Here is a link to the World Health Organization’s single-page PDF with advice for parents to help children cope with the stress of the COVID-19 situation: https://www.who.int/docs/default-source/coronaviruse/helping-children-cope-with-stress-print.pdf?sfvrsn=f3a063ff_2
8. Here is a link to the World Health Organization’s single-page PDF for adult self-care advice: https://www.who.int/docs/default-source/coronaviruse/coping-with-stress.pdf?sfvrsn=9845bc3a_2
9. Here is a link to the National Child Traumatic Stress Network’s 2-page PDF about how children may react to traumatic events and information for adults about how to help: https://www.nctsn.org/sites/default/files/resources//age_related_reactions_to_traumatic_events.pdf
10. Excellent resources from the American Psychological Association that cover many topics, including: online books in various languages for helping young children understand what is going on, information about how to help children manage emotions, activities to do during “stay at home:” <https://www.apa.org/topics/covid-19/quarantine-parents-tips>
11. A brief online article by Magination Press about how to help your child be resilient and bounce back during difficult times: <https://www.maginationpressfamily.org/mindfulness-kids-teens/fostering-resilience-in-a-time-of-the-coronavirus-tips-for-helping-your-child/>
12. A brief online article by Magination Press about how to help your child learn self-care skills to manage their stress and anxiety during difficult times: <https://www.maginationpressfamily.org/stress-anxiety-in-kids/kids-feeling-stressed-help-them-learn-self-care-skills/>

Things to Do and Activity resources:

13. If you are seeking support from your community or if you want to offer support to your community, check out the mutual aid societies throughout the United States. View a map of mutual aid societies here: <https://www.mutualaidhub.org/>
14. For some fun “brain games” to get your kids off YouTube, try this site: <http://www.sheppardsoftware.com/braingames/braingames.htm>
15. If you need some calming background noise/sound, you can check out this highly customizable website: <https://mynoise.net/preface.php>