***Resource List: Covid-19***

**Articles**

**For parents:**

***5 Ways to Help Teens Manage Anxiety About the Coronavirus***

<https://www.nytimes.com/2020/03/11/well/family/coronavirus-teenagers-anxiety.html>

***Caring for Your Mental Health Despite the Coronavirus***

<https://www.mcleanhospital.org/news/caring-your-mental-health-despite-coronavirus>

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

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

***School’s Out: A Parents’ Guide for Meeting the Challenge During the COVID-19 Pandemic***

<https://nyulangone.org/news/schools-out-parents-guide-meeting-challenge-during-covid-19-pandemic>

***Talking to Children About Coronavirus (COVID19)***

<https://www.aacap.org/App_Themes/AACAP/Docs/latest_news/2020/Coronavirus_COVID19__Children.pdf>

***Manage Anxiety & Stress (from CDC)***

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

**For students:**

***Taking Care of Your Mental Health in the Face of Uncertainty***

<https://afsp.org/taking-care-of-your-mental-health-in-the-face-of-uncertainty/>

# *How teenagers can protect their mental health during coronavirus (COVID-19)*

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

***12 Teens On Being Stuck At Home Because Of The Coronavirus***

<https://www.buzzfeednews.com/article/rachelysanders/teens-teenagers-at-home-isolation-coronavirus-school>

***Teenagers, How Is Coronavirus Upending Your Lives?***

<https://www.nytimes.com/2020/03/24/opinion/teenagers-how-is-coronavirus-upending-your-lives.html>

**Self-care**

***Mental health resources to navigate challenging times***

<https://www.njea.org/mental-health-resources-to-navigate-challenging-times/>

***Self-care Toolkit***

<https://www.virusanxiety.com>

***SOCIAL DISTANCING? HERE'S HOW TO PRIORITIZE SELF-CARE***

<https://hub.jhu.edu/2020/03/26/self-care-coronavirus-tips/>

***Self-Care in the Time of Coronavirus***

<https://childmind.org/article/self-care-in-the-time-of-coronavirus/>

***You Can Take Care of Yourself in Coronavirus Quarantine or Isolation, Starting Right Now***

<https://www.nytimes.com/2020/03/20/style/self-care/isolation-exercise-meditation-coronavirus.html>

**Online Therapy**

***Browse local therapists offering therapy in an online format***

<https://www.psychologytoday.com/us>

***Talkspace***

<https://www.talkspace.com/online-therapy/>

Top of Form

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***The 9 Best Online Therapy Programs of 2020***

<https://www.verywellmind.com/best-online-therapy-4691206>

\*\*\* *Most major insurances have started to cover video-based therapy during the Covid-19 pandemic. Many plans are waiving cost sharing. Call your plan for details and/or referrals to providers in your network.\*\*\**

**Important Phone Numbers\***

 ***National Suicide Prevention Lifeline***

Toll-Free: 1-800-273-TALK (1-800-273-8255)

Toll-Free (español): 1-888-628-9454

TTY: 1-800-799-4TTY (1-800-799-4889)

Website in English: https://www.suicidepreventionlifeline.org

Website in Spanish: <https://suicidepreventionlifeline.org/help-yourself/en-espanol>

***Society for the Prevention of Teen Suicide***

732-410-7900

 ***2nd Floor Youth Hotline***

888-222-2228 Talk Line

908-280-0235 Text Line

***Trevor Project***

1-866-488-7386 Trevor Project

 **Crisis Text Line**

**741741**

***Hot Lines & 24 Hour Emergency Services***

Riverview Medical Center-Crisis Intervention Services 732-219-5325

Monmouth Medical Center-Crisis Intervention Services 732-923-6999

Jersey Shore University Medical Center 732-776-4555

Bayshore Medical Center- 732-739-5900

Monmouth County Office of Mental Health- 732-431-7200

Monmouth County Health Department 732-845-2070

Perform Care/Children’s Mobile Response 1-877-652 -7624

180 (Women’s Center) \*Hazlet Office 732-264-4111 \*Neptune Office 732-988-5200

Division of Child Protection & Permanency (DCP&P) - 1-877-NJABUSE or 1-877-652-2873

Family Crisis Intervention 732-542-2444  After hours 732-996-7645

Parents Anonymous Helpline 1-800-843-5437

NAMI (National Alliance on Mental Illness) HelpLine (800) 950-6264 COVID-19 (CORONAVIRUS) INFORMATION AND RESOURCES

 **Substance Abuse Resources**

Al-Anon/Alateen - 1-888-944-5678

Alcoholics Anonymous (AA)- 1-800-245-1377

Gambling Helpline- 1-800-426-2537

https://www.familyaddictionnetwork.org/

https://teen.smokefree.gov/quit-vaping/anxiety-stress-vaping

http://www.parentchecknj.com/

**National Children's Alliance
Shine Toolkit -**[**Care for Your Coronavirus Anxiety**](https://www.virusanxiety.com/)

 **Housing**

Affordable Housing Alliance- 732-389-2958

Monmouth County Homeless Shelters- 732-431-6000 x 2081 or x5872

 **Legal Services**

Legal Aid Society- 732-869-5619

Disability Rights NJ- 1-800-922-7233

**United Way**

www.211.org

Call 211

**Child Mind Institute**

[www.childmind.org](http://www.childmind.org)

\*”The Source” at Red Bank Regional shared these important numbers on their website.