****Resources for Parents During COVID-19**

1. **“Action for Healthy Kids”**

<https://www.actionforhealthykids.org/covid-19-and-at-home-resources/>

*Content: COVID-19 at-home resources to help parents & educators keep kids active & healthy while schools are closed.*

1. **“Child Mind Institute”**

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

*Content: Help for families during COVID-19 (daily tips for parents during COVID-19 crisis, Autism & Coronavirus, managing anxiety, discipline & behavior, dealing with loss, supporting kids & teenagers during Coronavirus, ADHD support & structure during C19, mindfulness, self-care, Facebook Live events)*

1. **“Prevent Child Abuse, America”**

<https://preventchildabuse.org/coronavirus-resources/>

*Content: Coronavirus resources & tips for parents, children & others (staying connected, family engagement, managing stress & anxiety, includes extensive list of other related resources)*

1. **“Panorama Education”**

<https://www.panoramaed.com/blog/sel-resources-for-educators-school-communities-and-parents-related-to-covid-19>

*Content: Social Emotional Learning (SEL) & self-care resources for educators, schools & parents related to COVID-19*

1. **“CDC: Centers for Disease Control & Prevention”**

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

*Content: Dealing with stress of the outbreak for parents, teachers, and community*

1. **“WRAP: Wellness Recovery Action Plan”**

<https://mentalhealthrecovery.com>

*Content: WRAP resources & tips during COVID-19*

1. **“Mindwise Innovations: SOS Signs of Suicide Team”**

<https://sossignsofsuicide.org/user/login>

*Content: Using the ACT (acknowledge, care, tell) steps to assist those with mental health conditions or suicidal ideation*

1. **“Each Mind Matters, a California Mental Health Initiative”**

<https://www.eachmindmatters.org>

*Content: Resources for those dealing with abuse during stay-at-home order, social distancing in multi-generational homes, support during stressful time.*

1. **“Sana Mente”**

<https://www.sanamente.org>

SanaMente es el Movimiento de Salud Mental

**Glenn County Crisis Welcoming Lines**

 Transition Age Youth Center: (530) 865-1622

 Peer support for youth (13-25) & parents of youth

 Harmony House Adult drop-in center: (530) 865-6725 - Peer support for adults

**Glenn County Crisis Line (24/7)**

**1-800-507-3530**

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