



Resources

Covid-19

Resources collected from neighboring school districts
and Snohomish County Mental Health Services.

This is a stressful, and uncertain time. The collective response to COVID-19 is bringing up increased anxiety for many of us. This is understandable and to be expected. Here are **a few tips and resources to help manage stress during these trying times.**

1. Moderate your news and social media intake.

2. If working from home or in self-quarantine, arrange your space so it's as calm as possible.

3. Create structure by keeping a regular routine. For example, keep your usual sleep schedule, continue to get ready in the morning, shower, hydrate, eat well, etc.

4. Practice deep breathing exercises or other methods of meditation. Our favorite relaxation breathing technique is 4-7-8. Inhale for 4 counts, hold for 7 counts, and exhale slowly for 8 counts.

5. Stay connected. Social distancing doesn't have to mean isolation. Call, text, facetime, WhatsApp, even writing letters, are all good ways to stay connected.

6. Engage in creative activities: dance, sing, draw, work on a puzzle, garden, write poetry, etc.

7. Focus on what IS in your control, and try NOT to focus on what is out of your control. Enduring ambiguity is very difficult. Remember to offer yourself and others grace.

8. Move your body. Get creative – take a walk, dance to your favorite song, or engage in spring cleaning and recycling.

9. Anxiety can bring out irritability and xenophobia – counteract this with kindness and connection.

10. Reach out for help and offer help and support when you can.

Mental Health Resources

- It is natural to feel stress, anxiety, grief, and worry during and after a disaster. Everyone reacts differently, and your own feelings will change over time. Notice and accept how you feel. Taking care of your emotional health during an emergency will help you think clearly and react to the urgent needs to protect yourself and your family. Self-care during an emergency will help your long-term healing.
- People with preexisting mental health conditions should continue with their treatment plans during an emergency and monitor for any new symptoms. Additional information can be found at the Substance Abuse and Mental Health Services Administration ([SAMHSAexternal icon](#)) website.
- Crisis Counselors:
Call 1-866-427-4747
Text SHARE to 741741
- National Suicide Prevention Lifeline
Call 1-800-273-8255
For Deaf, Hard of Hearing 1-800-273-8255
- If you are seeking emotional support related to COVID-19 please contact DDH (Disaster Distress Helpline) at **1-800-985-5990** or text **TalkWithUs to 66746** to talk with crisis specialists. DDH is available 24/7.
- North Sound 211 is available Monday – Friday, 8 AM to 5 PM and has been building a resource library specifically to COVID-19. After hours, 211 has a recorded message directing callers to DDH (crisis response)

Tips for talking to kids about COVID- 19:



https://www.cdc.gov/cpr/readywrigley/documents/RW_Coping_After_a_Disaster_508.pdf



Helping Children Cope

<https://www.cdc.gov/childrenindisasters/pdf/children-cope-factsheet-508.pdf>



CDC, Mental Health and Coping During COVID-19 (Includes tips for supporting children) <https://www.cdc.gov/coronavirus/2019-ncov/about/coping.html>



Child Mind Institute, Talking to Kids About the Coronavirus

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



AHA Parenting Resources for Coping With the Corona Virus Pandemic <https://www.ahaparenting.com/blog/talking-with-children-about-the-corona-virus>



<https://www.cdc.gov/childrenindisasters/helping-children-cope.html>

Healthcare Information

Washington Health Plan Finder	WA Healthplan Finder
In response to the potential growth of Coronavirus (COVID-19) cases, a special enrollment period is now available through April 8, 2020 to qualified individuals who are uninsured. Apple Health enrollment is year-round. To see if you qualify for special enrollment or Apple Health, call customer support between 7:30 a.m. and 5:30 p.m. Monday - Friday at 1-855-923-4633; TTY 1-855-627-9604, or contact a local certified insurance broker or navigator. Visit the COVID-19 (Coronavirus) FAQs page for more information.	COVID-19 FAQ
Providence	Helpful Information about COVID-19
MultiCare – FREE e-visits for those with Covid-19 symptoms	MultiCare Virtual Care
Everett Clinic--Overview of where to go for Coronavirus testing and other medical advice	Everett Clinic-Where to Go
Skagit Regional Health	Skagit COVID-19 Updates

Child care

Stanwood-Camano YMCA	(360) 629-9622
YMCA of Snohomish County	<u>YMCA-Snohomish County</u>
Boys & Girls Clubs of Snohomish County	<u>Boys & Girls Club Snohomish County</u>
Parent Help Search Engine: connecting parents with food, health, and child care information	<u>Parent Help Search Engine</u>
Childcare Aware	<u>Childcare Aware</u>

Help for families and caregivers

Parent Trust	Phone and Online Connection for Parents
Cocoon Programs Include youth safe drop in centers, temporary youth shelters, and support for parents in various ways	Cocoon House-Help for Parents
DCFYS Foster Care/Kinship Care	Foster care, Kinship care Resources (WA DCFYS)
Talking to children and how to remain calm	How to Remain Calm
Forefront Suicide Prevention	LEARN Saves Lives-Suicide Prevention Webinar for Parents & Caregivers

Financial

Washington Connections	<u>Washington Connections- apply for food, cash, medical, medicare savings benefits</u>
Department of Financial Institutions	<u>WA Residents / Financial Supports</u>
Taxes	<u>Turbo Tax Resources / COVID-19</u> <u>https://www.att.com/help/covid-19/</u>
PUD	<u>PUD COVID19 Support</u>
Puget Sound Energy	<u>PSE Payment Arrangements</u>
Comcast	<u>Internet Essentials for low income families</u>
Other Lower Cost Tech Options	<u>List of Other Tech Providers</u>
ATT	<u>ATT Response and Commitment to Community</u>
King County Resource Page	<u>Some of these benefits are available regardless of county</u>

Food Resources

Stanwood-Camano School District	https://www.stanwood.wednet.edu/
Kids Eat Stanwood-Camano	(360) 631-4257
Northwest Harvest	Northwest Harvest
Volunteers of America Food Bank	VOA Food Bank
Arlington Food Bank	Arlington Food Bank
WIC Family Health Hotline 800-322-2588	Apply for WIC
Stanwood Camano Food Bank	Stanwood Camano Food Bank

Community Resources

Island County Human Services	(360) 678-8284
Caring Place	(360) 913-1551
Stanwood Community Center	Stanwood Community Resource Center
Lutheran Community Services	Call 206-694-5700 or email nps@lcsnw.org
North County Family Services	North Counties' Family Services

Jobs & Unemployment

Washington Employment Security Department-Information on Unemployment for COVID-19	Unemployment, Paid Leave (ESD LINK)
Paid Family Medical Leave Information	Paid Family Medical Leave
Financial Resources for WA Residents Impacted by COVID-19	Financial Resources
WorkSource	WorkSource
Governor Inslee's Resource List for Impacted Businesses and Workers	Governor's Resource List
Employment Security Department Scenarios & Benefits	COVID-19 Scenarios & Benefits Available

Covid-19 Statewide Resource Information

Official Washington State COVID-19 Website	WA State Coronavirus Response
Coronavirus Hotline	Call 1-800-525-0127 and press #
Snohomish County COVID-19 Resources	Snohomish County COVID-19 Resources
Washington State Governor's Office	WA Governor's Office
Washington 2-1-1 Get Connected. Get Help	2-1-1
Snohomish Health District	Snohomish Health District
Disaster Distress Helpline Call 1-800-985-5990 Text "TalkWithUs" to 66746	Public and Behavioral Health Support
Center for Disease Control	CDC
Department of Human Services-Washington State	DSHS-WA
Snohomish County Civic Alerts	Snohomish County Civic Alerts

Behavioral Health & Wellness

NAMI (includes info about online support groups)	National Alliance on Mental Illness
Washington State Recovery Helpline	Recovery Helpline
GLSEN	GLSEN Blog-Virtual Meetings Wednesdays at 3:00
World Health Organization Mental Health Tip Sheet	WHO Article
Times of Uncertainty, taking care of mental health	Article by AFSP
Island County Human Services	(360) 678-2346
Mental Health Crisis Services	(425) 258-4357
Online AA Meetings and other supports	AA and other supports online
Virtual Recovery Support	WeConnect
Al-Anon Family Groups Electronic Meetings	Al-Anon/Alateen Family Website-Link for Zoom Meetings
CDC - stress and coping article	CDC Resource Stress/Coping
PONGO Teen Writing	PONGO-Teen Writing
Telehealth Thursdays--You Grow Girl Free Weekly Virtual Telehealth Group	You Grow Girl Telehealth Thursdays
Forefront Suicide Prevention	LEARN Saves Lives-Suicide Prevention Webinar for Parents & Caregivers

Resources for Home Activities

Education Companies Offering Free Resources	Amazing Educational Resources
Library books available through Hoopla	Free Hoopla resources for MS & HS students. Instructions for use here!
Create Stories, Games, & Animations	Scratch
Online Typing	Typing Club
Board Game Ideas for Families	Ultimate Guide for Family Game Night
Khan Academy	Khan Academy
Online Skill Building in Multiple Content Areas	Freckle
Free resources aligned with content standards and organized by grade level	PBS Learning
Common Sense Media- Math and Science	Apps that act like math and science tutors for homework help
Common Sense Media- What to Do	What to watch, read and play while your kids are stuck indoors
Medium Article "What to Do With the Kids When Schools Close Due to COVID-19"	How to create a "secret weapon" stash of fun stuff, lots of activity ideas, and links to fun/educational sites. <u>https://www.sno-isle.org/kids/games/</u>
PE Activity Guides for Parents	PE Activities Guide for Parents
Sno Isle Library	Sno Isle Library
Free Workouts from YMCA	Free workouts from YMCA!
Streaming Workout Classes--PopSugar Fitness	Free YouTube Workouts from PopSugar Fitness
Scholastic at home activities for Pre-K through 9th grade	Scholastic Activities
Free/Low Cost Family Activities	Free/Low Cost Family Activities

Special Needs

Support for Special Needs Students During School Closure

[Special Minds Free Support Calls](https://specialminded.com/services/wa-cv19-support-calls/)

<https://specialminded.com/services/wa-cv19-support-calls/>

Tax Clinic at The Women's Building	Tax clinic will continue happening. Thursdays and Saturdays
Housing clinics at The Women's Building	Monday March 16th 1-5 pm Monday March 23rd 1-5pm Wednesday March 25th 3-7pm For Housing Clinics clients will need to come in on their preferred day and sign in her name on the list. More information email elideth@womensbuilding.org

Parenting Articles

Parenting article/Upworthy	How to prepare for school closures without losing your mind
Tips/Guides Talking to kids about Covid19 (English and Spanish versions)	Parent/Caregiver Guide to Helping Families Cope (ENG/SPAN)
Betsy Brown/Article, talking to kids about Covid19	Talking to Kids about the Coronavirus (Betsy Brown)
NPR Covid-19 Kids Comic	What Kids Want to Know about Coronavirus (A comic)
Hand in Hand Parenting	Coping Well During the Coronavirus
NCTSN, tips for parents	https://www.nctsn.org/sites/default/files/resources/fact-sheet/outbreak_factsheet_1.pdf
Child Mind Institute	Supporting Families During COVID-19
Child Mind Institute	Supporting Teenagers & Young Adults During the Coronavirus Crisis
Washington parents have created a Facebook groups you can join	https://www.facebook.com/PostParenting/