

COVID Parent Resources

Mental Health Resources	Helping Children Cope	cdc.gov
	CDC on Managing Stress & Anxiety	cdc.gov
	Videoconference with Loved Ones	https://zoom.us/pricing
	Meditation and Breathing Exercises	CALM app, Insight Timer app
	Stress & Anxiety Reduction	Total Brain app powered by NFP; or, https://app.totalbrain.com/enter/consumertrial
	COVID-19 Guided Talks	Ten Percent Happier app: Healthcare workers can simply email care@tenpercent.com to be sent instructions on how to get access.
	Sleep-related Resources from Magellan	https://www.magellanhealthcare.com/restore/
	Council of Southeastern PA: Answers to your alcohol, tobacco and drug questions	(800) 221-6333; 24 hour hotline 1-800-662-4357 (HELP)
	Education via Bucks County LIFE for mentally and physically disabled children	http://lifeinbucks.org/
	Puzzles and Games for K-12	123homeschool4me.com

- Resources to keep kids (or kids at heart) busy, entertained and learning:
 - Listen to celebrities read children’s books: <https://www.youtube.com/user/StorylineOnline>
 - Scholastic Learn-at-Home Guides for grades PreK-12 <https://classroommagazines.scholastic.com/support/learnathome.html>
 - Free worksheets and printables, toddler through high school <https://www.123homeschool4me.com/home-school-free-printables/>
 - Burn off extra energy with kid’s dance routines <https://www.youtube.com/user/GoNoodleGames>
- Feeling anxious? Need help with managing stress, anxiety and drugs and alcohol? Need to talk with someone? Bucks County COVID-19 Helpline (flyer attached):
 - 215.399.5681 – Mon-Fri 8:30a-4:30p
- If you’re finding it hard to fall or stay asleep with all the talk about COVID-19 in the news, **RESTORE**®, one of Magellan Healthcare’s educational digital cognitive behavioral therapy

programs, is a private, confidential online program that may help individuals who are experiencing insomnia and other sleep difficulties. Available anytime, anywhere at no cost to U.S. residents, the short, easy sessions teach skills, techniques and practices to help improve your sleep and sleep quality:

- <https://www.magellanhealthcare.com/restore/>
- Acknowledging some level of concern, without panicking, is appropriate and has resulted in NAMI Bucks County PA making the decision to move all support groups to a virtual model to reduce the risk of illness. This move takes effect immediately. These groups are offered free of charge, as are all NAMI Programs:
 - <https://namibuckspa.org/onlinesupport/>
- If you are a parent or caregiver and feeling unsure about what to share, how much to say, and ways to navigate COVID-19 when so much is uncertain, you're not alone. Families the world over are with you on this one. Here are some tips to get you through:
 - <https://www.pbs.org/newshour/health/10-tips-for-talking-about-covid-19-with-your-kids>
- PBS KIDS' weekday newsletter offers activities and tips you can use to help kids play and learn at home. Sign up here:
 - <http://public.pbs.org/PBSKIDSDaily?source=pbskids.org>