



COVID-19 and Supporting Your Family

During times of uncertainty we have seen first hand as the State of Massachusetts and the Town of Needham have been working to provide information to help keep residents healthy and safe. Now more than ever there is a need to make sure our family and friends are practicing social distancing but also being mindful of ways to support positive mental health.

COVID-19 has increased a lot of anxiety and fear in many of us, but there are many things we can do at home to take care of our own mental health.

Support your own and your family's mental health by:

- Creating a new routine with a schedule; out of bed and dressed by 9:00, breakfast, something academic, exercise etc.
- Taking breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.
- Take care of your body. Take deep breaths, stretch, or meditate. Make time each day to do something active.
- Try to eat healthy, well-balanced meals. Get the kids involved in cooking something for the family.
- Get plenty of sleep
- Avoid alcohol and drugs.
- Make time to unwind. Try to do some other activities you enjoy. Do something creative like drawing or painting. Play a board game as a family, or make a fun scavenger hunt.
- Connect with others. Talk with people you trust about your concerns and how you are feeling.
- Call your healthcare provider if stress gets in the way of your daily activities for several days in a row.

If you are finding that you need additional support please see the below resources for additional information:

Local Resources:

- Town of Needham, Public Health Division: <http://www.needhamma.gov/85/Public-Health>
- Town of Needham, Youth and Family Services Division: <http://www.needhamma.gov/79/Youth-Family-Services>
 - Sara Shine - 781-898-5132
 - Carolyn Tracey - 781-707-8018
 - Katy Colthart -781-234-8362
- Needham Community Council:781-444-2415 <http://needhamcommunitycouncil.org/food-pantry/>

Mental Health Resources:

- Riverside Emergency Crisis Team – 800-529-5077 – manages any crisis situation
<https://www.riversidecc.org/adult-services/mental-health/emergency-services/>
- Samaritans – 877-870-4673 (text or call 24/7) – suicide hotline
- National Suicide Prevention Lifeline – 1-800-273-8255
- Disaster Distress Helpline – 1-800-985-5990 or text 66746
- 911 local emergency services fire, police and Emergency Medical Technician (EMT)
- <https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.htm>
- Coping with Stress During Infectious Disease Outbreaks
<https://store.samhsa.gov/system/files/sma14-4885.pdf>
- NAMI Massachusetts
<https://namimass.org/resources/>
- Psychological Tips
https://www.hemot.eu/wp-content/uploads/2020/02/Pamphlet_HEMOT_english.pdf
- Tips for Emergency Responders
<https://emergency.cdc.gov/coping/responders.asp>
- Care for your coronavirus anxiety: Virusanxiety.com
- Resources for anxiety and your mental health in a global climate of uncertainty
 - Anxiety and the Virus (adult clients)
 - https://blog.zencare.co/manage-coronavirus-anxiety/?utm_source=email&utm_campaign=newsletter-march-13&utm_term=copy
- Parent Advice for Teens at Home
<https://www.nytimes.com/2020/03/12/well/family/coronavirus-school-closings-homeschooling-tweens-teens.html>

Substance Use Resources:

- Substance Abuse and Mental Health Services Administration's (SAMHSA's) Disaster Distress Helpline: 1-800-985-5990 or text TalkWithUs to 66746. (TTY 1-800-846-8517) <https://www.samhsa.gov/sites/default/files/tips-social-distancing-quarantine-isolation-031620.pdf>
- Online intergroup for AA meetings: <http://aa-intergroup.org/>
- AA meetings
 - Pause A While hosts a free AA meeting conference call on Tuesdays
 - Dial in number: 425-436-6360
 - Access code: 422932#

Domestic Violence Resources:

- National Domestic Violence Hotline at 1-800-799-7233 or TTY 1-800-787-3224.
<https://www.thehotline.org/help/>
- REACH – <https://reachma.org> 800-899-4000

Talking to Kids about COVID-19:

- Social Story
<https://somerville.k12.ma.us/sites/default/files/Coronavirus%20The-Corona-Virus-Free-Printable-Social-Story.pdf>
- Comic
<https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus>

- How to Help Children Cope
<https://docs.google.com/document/d/1ZsL8nkfailepJ88lAg4aqX2Y9CEd4OqPYRkdjeSmRME/edit>
- How to Talk to Children
<https://www.unicef.org/coronavirus/how-talk-your-child-about-coronavirus-covid-19>
<https://childmind.org/article/talking-to-kids-about-the-coronavirus/>
- Talking to Teens & Tweens
<https://www.nytimes.com/2020/03/02/well/family/coronavirus-teenagers-anxiety.html>
- Managing Reactions
<http://www.newtonma.gov/civicax/filebank/documents/101992>
- SPANISH: Caregiver guide to helping children cope
<https://www.nctsn.org/resources/parent-caregiver-guide-to-helping-families-cope-with-the-coronavirus-disease-2019-sp>
- Reducing Stigma
https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/reducing-stigma.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fabout%2Frelated-stigma.html

Phone App Resources:

- Helpsteps app by Boston Children's Hospital
 - Free app to easily connect you to resources (food banks, housing, etc)
- Reflectly (preteens and teens)
 - basic, free mood tracking/dreams/sleepless nights, or to generally have a place to log thoughts.
- Youper (teens and adults)
 - Mood tracking and journaling
 - App also has an auto text message feature that can explore the client's mood with them
- Down Dog or Yoga for Beginners
 - free until April 1st
 - Yoga positions that can accommodate based on personal needs and experience levels
- Sanvello (teenagers and adults)
 - click skip once registered to access free features
 - Addresses anxiety and depression: practices mindfulness and can log mood
- Relax Melodies
 - Customize sleep sounds and white noise

Financial Assistance:

- Union Capital Boston
 - Gift card through UCB
https://docs.google.com/forms/d/e/1FAIpQLScolROjCAZrjNOxacVg0CBAfKSMpQ7wY2eVZsA9QmB8_zTlg/viwwform
 - Fill out this form above if you are in need of financial support due to the coronavirus
 - Only one gift card per address and per person

United Way-COVID-19 Community Economic Relief Fund to help with bills, rent and food 1-866-211-9966.

◦ <https://unitedwaymassbay.org/get-involved/covid-19-family-fund/>

Health:

- Carney Hospital first in nation to be dedicated to treating COVID-19
 - <https://www.dotnews.com/2020/carney-be-nations-first-dedicated-covid-19-hospital>
- Mass Health Connector: Opening enrollment period through April 25th
 - <https://mahealthconnector.optum.com/individual/prescreen/income>
 - Residents who need health insurance can also call 877-623-6765

Other Resources:

- Mass 211: State hotline about COVID-19
 - <https://mass211.org/>
- Parental Stress Line
 - 1-800-632-8188
- SafeLink (for those affected by domestic violence)
 - 1-877-521-2601
- National Grid
 - Temporarily suspending collections-related activities, including service disconnections
 - <https://www.nationalgridus.com/COVID-19>
- Aunt Bertha - Resource Search Engine
 - Auntbertha.com to find local resources
 - Search for free or reduced cost services like medical care, food, etc
- U-Haul offers free storage to college students
 - Free 30-day of self-storage for college students affected by abrupt closings at school
 - Applicable to new customers with a college ID and is a limited time offer