

COVID-19 Information and Support Resources

Facts Not Fear

Below are websites that provide facts about COVID-19 and tips on how to discuss this with your child.

Website	Age Level
https://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus	PK-Early Elementary
https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/talking-with-children.html	Adult: Includes Guide for Parents
https://kidshealth.org/en/parents/coronavirus-how-talk-child.html	Adult: Includes Guide for Parents
https://www.who.int/emergencies/diseases/novel-coronavirus-2019	Adult: Includes Guide for Parents

Mental Health Resources

Below are websites for support in dealing with various mental health concerns and provides helpline numbers, treatment information, crisis intervention, and community support.

Organization	Website Address/Contact Information
*National Alliance on Mental Illness (NAMI)	www.nami.org/Find-Support/NAMI-HelpLine/Top-HelpLine-Resources
*Substance Abuse and Mental Health Services Administration	www.samhsa.gov
*U.S. Department of Health and Human Services -- Mental Health	www.mentalhealth.gov
*Western Tidewater Community Services Board Mental Health Emergency Line	(757) 925-2484

*This information is provided as possible resource options. Please make the choice for services that meet your needs and consult your insurance provider for services requiring payment. Some of these organizations may provide financial assistance resources.