

# Staying Close While Keeping Your Distance

## Family-Based Resources for a Pandemic

### General Resources for Kids, Adults, and Families:

- The [Vermont Center for Children, Youth & Families](http://med.uvm.edu/vccyf/aboutvccyf/resources_group/resources_for_families) has resources for health promotion on their website (see the section at top for brief handouts on wellness during COVID): [http://med.uvm.edu/vccyf/aboutvccyf/resources\\_group/resources\\_for\\_families](http://med.uvm.edu/vccyf/aboutvccyf/resources_group/resources_for_families)
- The [Family Dinner Project](https://thefamilydinnerproject.org/) has lots on all the good stuff that can happen around eating/cooking/talking: <https://thefamilydinnerproject.org/>
- [Video: Helping Children Cope with Corona Pandemic](https://www.gse.harvard.edu/news/uk/20/03/helping-children-cope-coronavirus-and-uncertainty?utm_source=SilverpopMailing&utm_medium=email&utm_campaign=Daily%20Gazette%2020200317%20(1)) from Harvard Grad School of Education: [https://www.gse.harvard.edu/news/uk/20/03/helping-children-cope-coronavirus-and-uncertainty?utm\\_source=SilverpopMailing&utm\\_medium=email&utm\\_campaign=Daily%20Gazette%2020200317%20\(1\)](https://www.gse.harvard.edu/news/uk/20/03/helping-children-cope-coronavirus-and-uncertainty?utm_source=SilverpopMailing&utm_medium=email&utm_campaign=Daily%20Gazette%2020200317%20(1))
- [Managing COVID Anxiety, NCTSN Fact Sheet for Parents/Caregivers:](https://www.nctsn.org/resources/parent-caregiver-guide-to-helping-families-cope-with-the-coronavirus-disease-2019) <https://www.nctsn.org/resources/parent-caregiver-guide-to-helping-families-cope-with-the-coronavirus-disease-2019>
- [Smiling Mind](https://www.smilingmind.com.au/) is a free app/website and has great mindfulness meditations and activities for all ages, child through adult, plus for sleep, families, relationships, self-care etc. <https://www.smilingmind.com.au/>
- Webinar from UVM Continuing & Distance Education (CDE) on “[Children & Young Adults’ Mental Health During the Pandemic](#)” with multiple speakers (“Pandemic Parenting” segment about 28 minutes in): <https://www.youtube.com/watch?v=Lu6JcENQS3Q&feature=youtu.be>
- [Caring for Mental Health of Children in Pandemic Transitions:](https://www.youtube.com/watch?v=3PsLzSiOPXU&feature=youtu.be&utm_campaign=CDE+General&utm_medium=email&hsenc=p2ANqtz-9Ccwp71gCVhk1LbVTOZZpnn9ngpPX-PIMHTvwNx9Ruy95F1ooFd1ITnrlc_GsNU1zk-atKZBZ7adTXB_qk4ZaGl_rt3g&hsmi=88921217&utm_content=88921217&utm_source=hs_email&hsCtaTracking=a7624113-6378-417b-9222-dc99d498179f%7C72e366f2-5c25-49bc-b0e8-f8047dbca36b) Webinar from UVM CDE with pediatrician, psychologist, psychiatrist, [https://www.youtube.com/watch?v=3PsLzSiOPXU&feature=youtu.be&utm\\_campaign=CDE+General&utm\\_medium=email&hsenc=p2ANqtz-9Ccwp71gCVhk1LbVTOZZpnn9ngpPX-PIMHTvwNx9Ruy95F1ooFd1ITnrlc\\_GsNU1zk-atKZBZ7adTXB\\_qk4ZaGl\\_rt3g&hsmi=88921217&utm\\_content=88921217&utm\\_source=hs\\_email&hsCtaTracking=a7624113-6378-417b-9222-dc99d498179f%7C72e366f2-5c25-49bc-b0e8-f8047dbca36b](https://www.youtube.com/watch?v=3PsLzSiOPXU&feature=youtu.be&utm_campaign=CDE+General&utm_medium=email&hsenc=p2ANqtz-9Ccwp71gCVhk1LbVTOZZpnn9ngpPX-PIMHTvwNx9Ruy95F1ooFd1ITnrlc_GsNU1zk-atKZBZ7adTXB_qk4ZaGl_rt3g&hsmi=88921217&utm_content=88921217&utm_source=hs_email&hsCtaTracking=a7624113-6378-417b-9222-dc99d498179f%7C72e366f2-5c25-49bc-b0e8-f8047dbca36b)

### For Kids:

## Wellness Resources:

- The [Vermont Center for Children, Youth & Families](http://med.uvm.edu/vccyf/aboutvccyf/resources_group/resources_for_families) has resources for health promotion on their website (see the section at top for brief handouts on wellness during COVID): [http://med.uvm.edu/vccyf/aboutvccyf/resources\\_group/resources\\_for\\_families](http://med.uvm.edu/vccyf/aboutvccyf/resources_group/resources_for_families)
- [Common Sense Media](#) has research behind their recommendations of apps, videos, books, etc. that are appropriate for learning at designated age groups
- [Virtual Field Trips! Zoos and more....](#)
- [GIANT LIST OF IDEAS FOR BEING HOME WITH KIDS](#)
- PBS KIDS has a website for [parents](#) that also has activities organized and search-able by age and topic, and that feature many of kids' favorite characters
- [Cosmic Kids Yoga](#) (Check out Frozen & Pokemon episodes)
- [Smiling Mind](https://www.smilingmind.com.au/) is a free app/website and has great mindfulness meditations and activities for all ages, child through adult, plus for sleep, families, relationships, self-care etc. <https://www.smilingmind.com.au/>
- NYC Public Schools has a [website](#) by grade level with resources for learning at home
- An [article](#) in the NYTimes by a school administrator in Philadelphia about what to do with kids when schools are closed
- Google doc by an Educational Researcher who finds herself [Suddenly Homeschooling](#)
- [Scholastic Learning at Home](#) website
- [Educational Companies](#) offering free access due to school closings
- [Kiwico](#): stay at home STEM activities

## Treatment Resources for Kids:

- Talk to your primary care doctor about assessment, treatment, and referrals.
- Psychology Today [website](https://www.psychologytoday.com/us/therapists/vermont?gclid=Cj0KCQiAtqL-) for finding a Vermont therapist: <https://www.psychologytoday.com/us/therapists/vermont?gclid=Cj0KCQiAtqL->

[BRC0ARIsAF4K3WFqyyXbbOS5Gbw25K\\_5z-w\\_1fRJt-IQyileeVdXpWPqI0Wtp3Qq8gYaAjyIEALw\\_wcB](https://www.vermont.gov/files/mentalhealth/individuals-and-families)

- Community Mental Health Services in Vermont: Connect with local mental healthcare sponsored by the Department of Mental Health.  
<https://mentalhealth.vermont.gov/individuals-and-families>
- Vermont Center for Children, Youth & Families: Psychiatric evaluations and services for families, <http://www.med.uvm.edu/vccyf/aboutvccyf/services>
- NFI Vermont: youth and family services in Vermont for mental health, <https://www.nfivermont.org/>
- Spectrum Youth & Family Services: substance use supports in Chittenden and Franklin counties, <http://www.spectrumvt.org/>
- For friends and family members of those dealing with alcoholism: <https://www.vermontanonateen.org/>
- FACE COVID, therapeutic coping workbook: <https://www.actmindfully.com.au/wp-content/uploads/2020/03/FACE-COVID-eBook-by-Russ-Harris-March-2020.pdf>

## For adults/parents:

### Wellness Resources

- The [Vermont Center for Children, Youth & Families](http://www.med.uvm.edu/vccyf/aboutvccyf/resources_group/resources_for_families) has resources for health promotion on their website (see the section at top for brief handouts on wellness during COVID): [http://www.med.uvm.edu/vccyf/aboutvccyf/resources\\_group/resources\\_for\\_families](http://www.med.uvm.edu/vccyf/aboutvccyf/resources_group/resources_for_families)
- Vermont Edition: Managing Stress & Anxiety During COVID-19, 3/26/20, <https://www.vpr.org/post/managing-stress-and-anxiety-during-covid-19#stream/0>
- VPR Coping During COVID: A 12/3/20 call-in special on coping through the pandemic, <https://www.vpr.org/post/call-coping-during-covid-19#stream/0>
- Ekhart Yoga is offering [free online yoga & meditation classes](#)
- [Yoga with Adriene](https://yogawithadriene.com/) is a popular site with many free yoga videos: <https://yogawithadriene.com/>
- [Smiling Mind](https://www.smilingmind.com.au/) is free and has an adults section including Sleep and Stress Management. Great for before bedtime. <https://www.smilingmind.com.au/>

## Treatment Resources for Adults

- Talk to your primary care doctor about assessment, treatment, and referrals.
- Alcohol & Drug Treatment in Vermont: Find support, <https://www.healthvermont.gov/alcohol-drug-abuse/how-get-help/find-treatment>
- Find an AA (Alcoholics Anonymous) meeting near you: <https://aavt.org/meetings/>
- Psychology Today [website](https://www.psychologytoday.com/us/therapists/vermont?gclid=Cj0KCQiAtqL-BRC0ARIsAF4K3WFqyyXbbOS5Gbw25K_5z-w_1fRjt-IQyileeVdXpWPqI0Wtp3Qq8gYaAjyIEALw_wcB) for finding a Vermont therapist: [https://www.psychologytoday.com/us/therapists/vermont?gclid=Cj0KCQiAtqL-BRC0ARIsAF4K3WFqyyXbbOS5Gbw25K\\_5z-w\\_1fRjt-IQyileeVdXpWPqI0Wtp3Qq8gYaAjyIEALw\\_wcB](https://www.psychologytoday.com/us/therapists/vermont?gclid=Cj0KCQiAtqL-BRC0ARIsAF4K3WFqyyXbbOS5Gbw25K_5z-w_1fRjt-IQyileeVdXpWPqI0Wtp3Qq8gYaAjyIEALw_wcB)
- Community Mental Health Services in Vermont: Connect with local mental healthcare sponsored by the Department of Mental Health. <https://mentalhealth.vermont.gov/individuals-and-families>
- FACE COVID, therapeutic coping workbook: <https://www.actmindfully.com.au/wp-content/uploads/2020/03/FACE-COVID-eBook-by-Russ-Harris-March-2020.pdf>

## Crisis Resources for Everyone:

### National Suicide Prevention Lifeline: 800-273-TALK (800-273-8255)

- 24/7 Crisis Line. [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)
- Calls are directed to a trained crisis counselor in the state or region where you live.
- **Veterans Crisis Line: 1-800-273-TALK (800-273-8255) & press 1**  
[www.veteranscrisisline.net](http://www.veteranscrisisline.net)

### National Crisis Text Line: 741741 (VT: Text VT to 741741)

- Free, 24/7 crisis support by trained crisis counselor
- You get an automated text response first, and then a response from a counselor. They work with you until you feel calmer and have a positive plan for next steps.
- <https://www.crisistextline.org>

### The Trevor Lifeline: 866-488-7386

- Provides crisis intervention and suicide prevention services to LGBTQ+ (lesbian, gay, bisexual, transgender, questioning, etc.) youth.
- Trevor Chat: 202-304-1200
- The Trevor Project: [www.thetrevorproject.org](http://www.thetrevorproject.org)

## Vermont Crisis Services

- Chittenden County: **First Call of Chittenden County: 802-488-4777**
- Map showing all Vermont Crisis Services & phone numbers, go to: <https://vtspc.org/wp-content/uploads/2018/02/VT-crisis-lines-resource.pdf>

**National Domestic Violence Hotline:**

- <https://www.thehotline.org/support-others/help-for-abusive-partners/>
- 1-800-799-SAFE

**Disaster Distress Helpline:**

- <https://www.samhsa.gov/find-help/disaster-distress-helpline>
- 1-800-985-5990 or text TalkWithUs to 66746; website also has resources for finding behavioral health treatment/services