

Social Emotional Family Resources

CONNECTICUT RESOURCES-BEHAVIORAL HEALTH CRISIS RESOURCES

- [Family Support Helpline 211: help@211info.org](mailto:help@211info.org), dial 211 or 1-800-203-1234, Crisis intervention, family support, mental and behavioral health referrals.
- [Crisis Mobile Intervention Services](#): Offers help from trained behavioral health clinicians for children in crisis.
- [Connecticut Department of Mental Health and Addiction Services \(DMHAS\)](#): Provides crisis services for adults through local mental health authorities.
 - [Finding services in your town](#)
 - [24-Hour Crisis numbers](#)
- [Connecticut Coalition Against Domestic Violence](#): Provides information about shelters, programs and other resources. All services are confidential, safe, free and voluntary.
- [Kids Mental Health](#): To help parents and caregivers understand more about their child's mental health issues. The website contains many local and national resources and covers a range of topics on Child Trauma, Mental Health in Schools, Infant Mental Health and Best and Evidence-Based Practices.
- [Mental Health and Evidence-Based Directory age 0 to 21](#): This directory lists providers of some evidence-based practices available in Connecticut for children and families with behavioral health needs.
- [SEL4CT](#): COVID-19 SEL Supports.
- [Yale Center for Emotional Intelligence](#): RULER Community Strategies for Managing Anxiety around COVID-19.

CORONAVIRUS NATIONAL RESOURCES- SUPPORTING EMOTIONAL WELL-BEING

- [Anxiety and Depression Association of America](#): Tips and resources for parents to take care of themselves and their families during an uncertain time.
- [Centers for Disease Control](#): Helping kids cope during and after a disaster.
- [Centers for Disease Control](#): Talking with children about Coronavirus Disease 2019.
- [Centers for Disease Control](#): Coronavirus Disease 2019 (COVID-19) information regarding spreading.
- [Centers for Disease Control](#): Coronavirus Disease 2019 (COVID-19) information regarding handwashing.
- [Centers for Disease Control](#): Information for parents to reduce stress in themselves and their children.
- [Centers for Disease Control](#): Age-based tips and resources for helping children cope with emergencies.
- [Center for Disease Control](#): Caring for Children-tips to keep children healthy while school's out.
- [Child Mind Institute](#): Talking to kids about the Coronavirus.

CORONAVIRUS NATIONAL RESOURCES- SUPPORTING EMOTIONAL WELL-BEING cont.

- [Children's Institute](#): Resources on how to share information with young children as well as other useful topics to help children and their families navigate through the current situation.
- [Child Mind Institute](#): For parents, prioritizing your own well-being benefits your whole family.
- [Child Mind Institute](#): Dar prioridad a su propio bienestar beneficia a toda su familia.
- [Child Mind Institute](#): Tips for nurturing and protecting children at home.
- [Child Trend](#): Resources for supporting children's emotional well-being during the COVID19 Pandemic.
- [Collaborative for Academic, Social, and Emotional Learning \(CASEL\)](#): Webinar series called "Strategies for Being Your Best 'SELF;'"
- [Department of Health and Human Services](#): Taking care of your behavioral health: tips for social distancing, quarantine, and isolation during an infectious disease outbreak.
- [Hanover Research](#): Self-regulation strategies.
- Hanover Research
- [Kids Health](#): Coronavirus (COVID-19): How to talk to your child. Printable article; also available in audio.
- [Kids Health](#): Coronavirus (COVID-19): ¿Cómo hablar con su hijo sobre este virus?
- [Mental Health Technology Transfer Center Network](#): Supportive practices for mental health professionals during pandemic-related social distancing.
- [National Association of School Psychologists](#): Talking to children about covid-19: a parent resource.
- [National Association of School Psychologists](#): Helping children cope with changes resulting from covid-19.
- [National Child Traumatic Stress Network](#): Parent/Caregiver Guide to helping families cope with the Coronavirus Disease 2019 (COVID-19), available in English, Spanish and Chinese.
- [Open Circle](#): How to talk to kids about Coronavirus.
- [Panorama Education](#): Daily Mindfulness webinars in the mornings and afternoons for adults.
- [PBS Kids](#): How to Talk to Your Kids about Coronavirus.
- [SAMHSA](#): Coping with stress during an infectious disease outbreak.
- [SAMHSA](#): Talking with children: Tips for caregivers, parents, teachers during infectious disease outbreaks.
- [World Health Organization](#): Graphic poster with tips for adults.
- [World Health Organization](#): Graphic poster with tips for supporting children.

BEHAVIORAL HEALTH CRISIS RESOURCES

- [Anxiety and Depression Association of America](#): General tips for communicating with an anxious/child or teen about coronavirus.
- [SAMHSA Disaster Distress Helpline](#): Call 1-800-985-5990 or text TalkWithUs to 66746 to connect with a trained crisis counselor. Offers 24/7, 365-day-a-year crisis counseling and support for people experiencing emotional distress related to natural or human-caused disasters.
- [Shine](#): Help you take care of your mental health and anxiety, including meditation and other coping strategies.

Family Activities Resources

- [Brain Pop](#): It can be scary to hear about a disease outbreak, but learning the facts can help ease your mind for children.
- [Common Sense Media](#): Device-Free Dinner Guidelines (Sesame Street cast).
- [Greater Good in Education](#): Free SEL Activities and Practices families can do from home.