



EMOTIONAL WELL-BEING DURING A PANDEMIC RESOURCES

HOTLINES & SUICIDE PREVENTION:

MAINE SUICIDE PREVENTION TOLL-FREE 24-HOUR CRISIS HOTLINE: 1-888-568-1112.

NATIONAL SUICIDE PREVENTION LIFELINE: 1-800-273-8255.

Maine Suicide Prevention Program – Maine Department of Health and Human Services.

If you are in crisis, call the statewide toll-free 24-hour crisis hotline at 1-888-568-1112.

National Suicide Prevention Lifeline, call 1-800-273-8255.

<https://www.maine.gov/suicide/hotlines.shtml>

Suicide Prevention for LGBTQ.

Each one of us can play a vital role in ensuring that all young people, regardless of their sexual orientation or gender identity, are provided with safe, accepting, and supportive environments at home, at school and in their communities.

<https://www.thetrevorproject.org/resources/guide/preventing-suicide/>

211 Maine - Need To Talk To Someone? Seeking Local Services & Resources? We Can Help.

211 is a free, confidential information and referral service that connects people of all ages across Maine to local services. 211 Maine is based in Maine and available 24 hours a day, seven days a week.

<https://211maine.org>

MENTAL HEALTH & SOCIAL SERVICES RESOURCES

NAMI Maine

Through support, education, and advocacy NAMI Maine is dedicated to building better lives for the 1 in 4 Mainers who are affected by mental illness.

<https://www.namimaine.org/>

State of Maine website for behavioral health and emotional well-being.

StrengthenME offers free stress management and resiliency resources to anyone in Maine experiencing stress reactions to the COVID-19 Pandemic.

<https://strengthenme.com>

RESOURCES FOR CHILDREN:

The 2020 COVID-19 Family Guidebook: Do it at Home Coping Skills and Activities by Dr. Chana Frumet Yaroslawitz, PhD, LCSW.

Dr. Chana Frumet Yaroslawitz included over 200 activities to help children, teens, adults, and grandparents deal with feelings and changes during the coronavirus pandemic. No computer is required!

https://www.childlife.org/docs/default-source/covid-19/covid19-family-guidebook-full---4112020.pdf?sfvrsn=62848a4d_0

Protecting Your Child with the COVID-19 Vaccine.

The American Academy of Pediatrics recommends COVID-19 vaccines for all eligible children 5 years and older. Millions of kids and teens already have been safely vaccinated.

<https://downloads.aap.org/AAP/PDF/covid-vaccine-fact-sheet-FINAL.pdf>

Coping with COVID 19: A Workbook for Kids and Teens from the Association of Child Life Professionals.

The Association of Child Life Professionals shares a workbook designed to help kids and teens communicate and cope with their feelings and emotions surrounding COVID-19.

https://www.childlife.org/docs/default-source/covid-19/coping-with-covid-19-work-book-finalized.pdf?sfvrsn=315c8a4d_0

“My Pandemic Story” – Guided Activity Workbook for Children and Teens

The new guided-activity workbook “MY PANDEMIC STORY,” by our own HFI Chairman, leading child psychiatrist Dr. Gilbert Kliman, was created to support young people and their families and educators during these troubled times.

<http://harlemfamilyinstitute.org/wordpress/my-pandemic-story-guided-activity-workbook-for-children-and-teens-now-available/>

RESOURCES FOR ADOLESCENTS:

How to Help Teens During the Coronavirus Outbreak from Children’s Hospital Colorado.

Teens from Colorado Children’s Mental Health Youth Action Board provide advice on how to best connect with teens and check on their mental well-being as their reality changes.

<https://www.childrenscolorado.org/conditions-and-advice/parenting/parenting-articles/teen-tips-coronavirus/>

6 Ways Parents Can Support Their Kids Through the Coronavirus Disease (COVID-19) Outbreak from UNICEF.

UNICEF spoke with expert adolescent psychologist, best-selling author, monthly New York Times columnist, and mother of two Dr. Lisa Damour about how you can help create a sense of normalcy at home while navigating the new normal.

<https://www.unicef.org/coronavirus/6-ways-parents-can-support-their-kids-through-coronavirus-covid-19>

How Teenagers Can Protect Their Mental Health During Coronavirus (COVID-19) from UNICEF.

UNICEF spoke with expert adolescent psychologist, best-selling author, monthly New York Times columnist, and mother of two Dr. Lisa Damour about what you can do to practice self-care and look after your mental health.

<https://www.unicef.org/coronavirus/how-teenagers-can-protect-their-mental-health-during-coronavirus-covid-19>

RESOURCES FOR PARENTS & SCHOOLS:

Covid-19 Vaccination Resources for Schools.

Schools are crucial in the effort to ensure all eligible children receive the COVID-19 vaccine, which is the best way to keep kids safe and learning in the classroom. The resources below can help you promote vaccination.

<https://acrobat.adobe.com/link/review?uri=urn%3Aaaid%3Ascds%3AUS%3Ae703f9e2-2b31-40df-8a24-44032c979242#pageNum=1>

Guidance at a Glance.

To help you share key pieces of information with staff and parents, we are developing a series of Guidance-at-a-Glance documents.

<https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-safety-and-crisis/guidance-at-a-glance>

OTHER RESOURCES:

Information for Those Who Have Had COVID-19.

Survivor Corps is one of the largest and fastest growing grassroots movements connecting, supporting, educating, motivating and mobilizing COVID-19 Survivors to support all medical, scientific and academic research, to help stem the tide of this pandemic and assist in the national recovery.

<https://www.survivorcorps.com>

Public Health Communications Collaborative – Misinformation Alerts.

Knowing what misinformation is being shared can help you generate effective messaging.

<https://publichealthcollaborative.org/misinformation-alerts/>

Spiritual Care Services of Maine.

Providing professional, compassionate, spiritual care to individuals, groups, and organizations with today's religious and spiritual landscape in mind.

<https://www.scsmaine.org>