

# Resources For Students and Families During COVID-19 Closure

This list of resources is being updated periodically to provide families with the most up-to-date information about community resources related to health and mental health during the COVID-19 school closure.

If there are resources that you are aware of that you would like to have added to this document, please email Dr. Jean Lindquist Grady, Director of Clinical and Related Services at [jlgrady@cmasscollaborative.org](mailto:jlgrady@cmasscollaborative.org)

<b>Massachusetts 2-1-1</b>	Call, text or type 211 to find essential community services, food bank, or where to secure services	<a href="#">Click on this site</a>
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## Parent/ Guardian Well-Being



**Parental Stress Hotline**  
24 hour line available to parents to vent, get advice, etc.  
(non-emergency calls only)

**Phone:** 1-800-632-8188

**Parent Professional Advocacy League PPAL**

[Click here](#)

**Coping with Coronavirus Related Anxiety**

[Click here for site](#)

**New York Times Article: Parents Need Stress Relief Too**

[Click here for site](#)

**CDC Resource: Mental Health and Coping During COVID-19**

[Click here for site](#)

**CNN Op-Ed: Parenting Through the Coronavirus Lockdown**

[Click here for site](#)

**Calm in the Time of Coronavirus (Benson-Henry Institute @ MGH)**

[Click here for site](#)

**7 Ways to Support Kids and Teens Through the Coronavirus Pandemic**

[Click here for site](#)

## Mental Health Support



*If there is a mental health emergency, families should call 911 or go to an emergency room*

**911**

**UMass Link-KID**  
*Referral service for children in need of evidence-based trauma treatment & mental health providers who are trained in these treatments*

**Website:** [Click here for site](#)  
**Phone: 1-855-Link-Kid (1-855-546-5543)** to speak to one of their clinical referral coordinators.

**Community Healthlink Youth Mobile Crisis Intervention**

**Website:** [Click here for site](#)  
**Phone: 1-800-977-5555 or 866-549-2142**

**Mass. Emergency Services Program Contact Information**

[Click here for site](#)

**National Suicide Prevention Lifeline**

**Phone: 1-800-273-8255**

**UMASS CANDO Covid 19 ASD Resources**

[Click here](#)

**Trevor Project LGBT Youth**

**Website:** [Click here for site](#)  
**Phone: 1-866-488-7396**  
**Or Text START to 678678**

**Call2Talk**


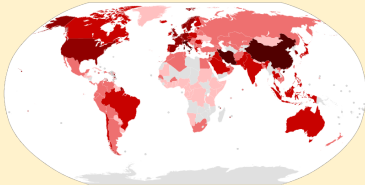
**Phone: 1-508-532-2255**  
**or Text C2T to 741741**

**Samariteens**

**Phone: 800-252-TEEN (8336)**

**Advocates**

**Phone: 1-800-640-5432**

<b>Medical</b> 	<b>Call your Primary Care physician</b>	
	<b>Coronavirus updates in MA</b>	<a href="#">Click on this site</a>
<b>COVID-19 Information</b> 	<b>WRSD COVID-19 Information</b>	<a href="#">Click here for site</a>
	<b>Mental Health &amp; Well-Being Resources for Families</b> (Compiled by Arlington Public Schools)	<a href="#">Click here for site</a>
	<b>Child Trends: Resources for Supporting Children's Emotional Well-Being During the COVID-19 Pandemic</b>	<a href="#">Click here for site</a>
	<b>How to Talk to Children About the Coronavirus</b>	<a href="#">Click here for site</a>
	<b>Just For Kids: A Comic Exploring the New Coronavirus</b>	<a href="#">Click here for site</a>
	<b>NASP Resource for Parents</b>	<a href="#">Click here for site</a>
	<b>Resilience &amp; Routines for Families During the Pandemic</b>	<a href="#">Click here for site</a>
	<b>Autism Central Family Resources</b>	<a href="#">Click here for site</a>
	<b>CDC - Helping Children Cope with Emergencies</b>	<a href="#">Click here for site</a>