



Resources for Children and Families in response to COVID 19

Local Alaskan Call lines:

- **Help Me Grow Alaska**- Help Me Grow Alaska care coordinators are trained to listen and provide you with answers that genuinely address your concerns. It is our desire to be your “go-to” place for information on child development, behavior or *anything related to parenting your child*.
 - 1-833-HMG-ALASKA, 8:30 am-5:00 pm, Monday-Friday
 - www.helpmegrowak.org
 - contact@helpmegrowak.org
- **thread**-For parent support, the thread line connects you with an Early Childhood Specialist who can provide individualized child development information, guidance and discipline suggestions or other supports.
 - Call toll free: 800.278.3723, 9 a.m. to 5 p.m., Monday through Friday
 - www.threadalaska.org, <https://www.threadalaska.org/thread-blog/coronavirus-family-resources>
 - info@threadalaska.org
- **211- Alaska 2-1-1**-is your one-stop resource for finding help in your community. It’s free, confidential and available in almost any language.
 - 2-1-1 or 1-800-478-2221 , 7:00 am – 8:00 pm, 7 days a week
 - <https://alaska211.org>
 - alaska211@ak.org
- **Alaska CARELINE**- Mental Health Emergency Counseling line. Careline provides crisis intervention for individuals considering suicide or experiencing crisis, isolation, or depression.
 - 1-877-266-4357 (HELP) or text 4help to 839863, 24-hours per day
 - <http://dhss.alaska.gov/dbh/Documents/Prevention/docs/Careline-Brochure-General.pdf>
- **Beacon Hill (Safe Families for Children Alaska)**-Safe Families Helpline is open, with staff and volunteers available to respond to families needing support during crisis. At this time, they are hosting children on a limited, case by case basis.
 - 907-277-0925, 24 hours a day
 - <https://www.beaconhillak.com/safe-families-for-children>
 - info@beaconhillak.com
- **Anchorage Community Mental Health**-Crisis line and appointments available (virtual and face to face). Serving children and adults who experience a range of mental health issues.
 - 907-563-3200 (crisis line), 24 hours a day
 - <https://acmhs.com>
- **Recover Alaska**-Partnering with organizations and individuals dedicated to reducing the harm associated with alcohol misuse as well as connecting those who need treatment/information.
 - 907-249-6674
 - <https://recovalaska.org>
 - info@recovalaska.org
- **AWAIC** (Abused Women’s Aid in Crisis)-Crisis and Support Hotline. They provide domestic violence safe shelter, intervention, and prevention
 - 907-272-0100, 24 hours a day
 - <http://www.awaic.org>
- **RCPC** (Resource Center for Parents and Children)-Staff operators will be available to share resources, information, parenting ideas and help with family problem solving.
 - 907-456-9099, 8:00 am-12:00 am, 7 days a week
 - <https://www.rcpcfairbanks.org>



National Hotlines:

- **NAMI (National Alliance for Mental Health) HelpLine**
 - 800-950-6264, 10:00 a.m. to 6:00 p.m. (EST), Monday-Friday
- **National Suicide Prevention Lifeline**
 - 800-273-8255 or [Chat with Lifeline](#)
- **National Parent Helpline**-Parents and caregivers needing emotional support and links to resources
 - 855-4APARENT, 10 a.m. to 7 p.m. (PST), Monday to Friday
- **Substance Abuse and Mental Health Services Administration's (SAMHSA's)**
 - Disaster Distress Helpline: 1-800-985-5990 or text TalkWithUs to 66746, TTY 1-800-846-851
- **Postpartum Support International**- The PSI HelpLine is a toll-free telephone number anyone can call to get basic information, support, and resources. The HelpLine messages are returned every day of the week.
 - PSI HelpLine at 1-800-944-4773(4PPD) or text 503-894-9453
- **Crisis Text Line-Crisis** Text Line is a global not-for-profit organization providing free confidential crisis intervention via SMS message. The organization's services are available 24 hours a day, every day.
 - Text HOME to 741741
- **Childhelp**- They help child abuse victims, parents, concerned individuals
 - 800-4-A-CHILD (800.422.4453)
- **Darkness to Light** -They Help children and adults needing local information or resources about sexual abuse
 - 866-FOR-LIGHT (866.367.5444)
- **National Domestic Violence Hotline Phone**-They help children, parents, friends, offenders.
 - 800-799-SAFE (800-799-7233), TTY: 800-787-3224, Video Phone Only for Deaf Callers: 206-518-9361

Talking with Kids about COVID-19:

- UNICEF
 - [Coronavirus disease \(COVID-19\): What parents should know](#)
 - [Page Coronavirus disease \(COVID-19\)](#)
- The World Health Organization
 - [Facts and fiction about COVID-19](#)
 - [Guidelines](#) for schools, workplaces, and institutions
 - [Mental health and psychosocial considerations during the COVID-19 outbreak](#)
- U.S. Centers for Disease Control
 - [Tips for talking with children about COVID-19](#)
 - [Preparing your family](#)
 - [Mental Health and Coping During COVID-19](#)
- Conscious Discipline (EXCELLENT for younger children)
 - [COVID-19: Five Helpful Responses for Families](#)
 - [Social Stories, printables, and resources](#)
- Zero to Three
 - [Tips for Families: Coronavirus](#)
- The Child Mind Institute
 - [Supporting Kids During the Coronavirus Crisis](#)
 - [Supporting Families During COVID-19](#)
- National Association of School Psychologists
 - [Helping Children Cope With Changes Resulting From COVID-19](#)
 - [COVID-19 Resource Center](#)
- PBS
 - [How to Talk to Your Kids About Coronavirus](#)
 - [How You and Your Kids Can De-Stress During...](#)
- National Child Trauma Stress Network
 - [Parent/Caregiver Guide to Helping Families Cope With the Coronavirus Disease 2019 \(COVID-19\)](#)
 - [Trinka and Sam Fighting the Big Virus: Big Questions](#)
- Other resources
 - [Activities for Students and Families Stuck at Home due to COVID-19 \(Coronavirus\)](#)
 - [A New Routine: Activities for Family Fun at Home during the COVID-19 Outbreak](#)
 - [The Story of the Oyster and the Butterfly: Help children understand the Coronavirus and COVID-19.](#)
- Harvard University
 - [Child Development and Covid19](#)
 - [Stress, Resilience, and the Role of Science: Responding to the Coronavirus Pandemic](#)



Managing Mental Health for Children and Families:

- American Psychological Association-[Pandemics](#)
- American Psychiatric Association-[COVID-19 / Coronavirus Resources](#)
- Brookings-[A parent's guide to surviving COVID-19: 8 strategies to keep children healthy and happy](#)
- World Association for Infant Mental Health [Helping Young Kids Through the Coronavirus Crisis](#)
- Substance Abuse and Mental Health Services Administration (SAMHSA)-[Talking With Children: Tips for Caregivers, Parents, and Teachers During Infectious Disease Outbreaks](#)
- American Foundation of Suicide Prevention-[Taking Care of Your Mental Health in the Face of Uncertainty](#)
- National Institute of Mental Health-[Coping With Coronavirus: Managing Stress, Fear, and Anxiety](#)
- Health Day-[Avoiding Fear, Anxiety While You Self-Quarantine](#)
- United Nations Mental Health Council-[COVID-19: Mental health in the age of coronavirus](#)
- National Center for the Study of Traumatic Stress-[COVID-19 Pandemic Response Resources](#)
- Child Trends-[Resources for Supporting Children's Emotional Well-being during the COVID-19 Pandemic](#)

Parenting Resources and Activities for Kids:

- **Early Childhood 0-3**
 - [Harvard University's Center on the Developing Child](#) features brief videos and articles for parents and practitioners on supporting healthy early development, [including the value of day to day interactions in the home that nurture babies](#). Parents and caregivers can nurture resilience in tough times through building high quality relationships with their babies.
 - Zero to Three offers strategies for parents with a [searchable database](#) for content you need, including [ways that parents can manage their emotions so that they can better support their children](#) and other [stress management strategies](#).
- **Additional Early Childhood 3-5 and/or Early Elementary**
 - [Activities for Kids at Home During School Closures](#)
 - [PBS Kids Learn and Grow](#): Age by Age Tips & Activities for Social Emotional Learning, Literacy, Arts and More!
 - [We Are Teachers](#): 16 Card Games to Learn Math
 - [Khan Academy Kids](#): Free educational program for young children
 - [Squiggle Park](#): Build reading skills
 - [Storyline Online](#): Listen to children's books
 - [Virtual Story times for Children](#)
 - [Playworks Online Game Library](#)
 - [Imagination Tree Blog](#): Resources and Activities for Fun at Home
 - [Scholastic Learn at Home](#): Day to Day Projects to Keep Kids Growing
 - [Second Step Summer Reading List](#)
 - [Kids National Geographic](#)
 - [Typing Club](#): Learn to type
 - [Duolingo](#): Learn a new language
 - [Sesame Street in Communities](#) features user-friendly resources for parents and caregivers on a variety of topics including family bonding, resilience, handling emergencies, traumatic experiences
 - [Alaska State Library](#): Sources of free downloadable eBooks and audiobooks for Alaskans.
 - [Best Beginnings Alaska](#) : Activities to do at home based on the Early Learning Guidelines.
 - [NPR Comics](#): Just For Kids: A Comic Exploring The New Coronavirus
 - [Doodles](#): Drawings with Mo Willems