



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
- **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. For life challenges or everyday needs, help starts here.
 - 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. Offers free, immediate and confidential help.
 - 1-877-266-4357 (HELP) or text 4help to 839863, 24-hours per day
 - <http://dhs.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). They serve children and adults who experience a wide 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 to the help they need.
 - 907-249-6674
 - <https://recoveralaska.org>
 - info@recoveralaska.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>

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 Textline**-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:

- Major organizations such as the [American Psychological Association](#) and [UNICEF](#) have compiled comprehensive resources that address multiple topics on coping with a pandemic. We encourage you to visit these websites. Additional information that may be of help can be found below.
- The World Health Organization offers several resources on [facts and fiction about COVID-19](#) and [guidelines](#) for schools, workplaces, and institutions.
- The U.S. Centers for Disease Control suggests [tips for talking with children about COVID-19](#) and [preparing your family](#) to weather the outbreak.
- <https://www.threadalaska.org/thread-blog/coronavirus-family-resources>
- <https://www.lebonheur.org/blogs/practical-parenting/a-new-routine-activities-for-family-fun-at-home-during-the-covid-19-outbreak>
- <https://childmind.org/article/supporting-kids-during-the-covid-19-crisis/>
 - [The Child Mind Institute](#) is holding twice daily [Facebook Live](#) video chats with clinicians, daily [social media posts](#) on parenting, and houses [media interviews](#) with experts on COVID-19.
- <https://ies.ed.gov/blogs/research/post/activities-for-students-and-families-stuck-at-home-due-to-covid-19-coronavirus>
- <https://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus>
- <https://www.pbs.org/parents/thrive/how-you-and-your-kids-can-de-stress-during-coronavirus>
- https://www.nctsn.org/sites/default/files/resources/fact-sheet/outbreak_factsheet_1.pdf

Managing Mental Health for Children and Families:

- [The U.S. National Child Trauma Stress Network](#) has many resources for supporting young children facing trauma, including [updated information](#) on helping families cope with the pandemic with downloadable guides available in [Chinese](#), [English](#), and [Spanish](#).
- <https://www.psychiatry.org/psychiatrists/covid-19-coronavirus>
- <https://www.brookings.edu/blog/education-plus-development/2020/03/17/a-parents-guide-to-surviving-covid-19-8-strategies-to-keep-children-healthy-and-happy/>
- The World Association for Infant Mental Health features [WAIMH Perspectives](#), an online source for freely available articles and news about infants, toddlers, and families.
- <https://store.samhsa.gov/product/Talking-With-Children-Tips-for-Caregivers-Parents-and-Teachers-During-Infectious-Disease-Outbreaks/PEP20-01-01-006>
- <https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>
- Mental Health Consideration During COVID-19 (World Health Organization) <https://www.who.int/docs/default-source/coronaviruse/mental-health-considerations.pdf>
- Taking Care of Your Mental Health in the Face of Uncertainty (AFSP): <https://afsp.org/taking-care-of-your-mental-health-in-the-face-of-uncertainty/>
- Coping with Coronavirus: Managing Stress, Fear, and Anxiety (NIMH): <https://www.nimh.nih.gov/about/director/messages/2020/coping-with-coronavirus-managing-stress-fear-and-anxiety.shtml>
- Avoiding Fear, Anxiety While Your Self-Quarantine (HealthDay): <https://consumer.healthday.com/mental-health-information-25/anxiety-news-33/avoiding-fear-anxiety-while-you-self-quarantine-755727.html>
- Mental Health in the Age of Coronavirus (United Nations Mental Health Council): <https://news.un.org/en/story/2020/03/1059542>
- National Center for the Study of Traumatic Stress: <https://www.cstsonline.org/resources/resource-master-list/coronavirus-and-emerging-infectious-disease-outbreaks-response>

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](#).
<https://www.zerotothree.org/resources/3210-tips-for-families-coronavirus>

Additional Early Childhood 3-5 and/or Early Elementary

- <https://www.threadalaska.org/thread-blog/coronavirus-family-resources>
- [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 celebrities read children's books
- [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