

## **Tips & Resources to Stay Healthy & Care for Yourself & Others During COVID & Beyond**

We have never experienced anything like this. It is a very confusing and stressful time and there is a lot that we don't know right now. **What we DO know is that it is important to stay connected to family and friends, be physically active, manage our stress as best we can, ask for help and get support when we need it, and do things that make us feel good and lift our spirits.**

Below and attached you will find important information including tips and resources to help you and your loved ones stay healthy physically, mentally, and emotionally. You can also email the counselors, teachers or principal if you need additional support.

We are here for you, and we are all in this together!

Mrs. Anstotz - Counselor - [ajerdan@philasd.org](mailto:ajerdan@philasd.org); 484-393-2382

Mrs. Bassman - Counselor [sbassman@philasd.org](mailto:sbassman@philasd.org); 484-243-0399

Ms. Dawson - Principal - [micwilson@philasd.org](mailto:micwilson@philasd.org)

**If you or your child are in a crisis, please call 911 or our local mobile crisis unit (both available 24/7) at 215-685-6440.** You can also **text "HOME" to 741741** from anywhere in the United States you will be connected to a trained Crisis Counselor.

**The Uplift Center for Grieving Children has a mental health support line - The Philly HopeLine -** available for students and families **Monday-Friday from 12:00 pm to 9:00 pm and Saturday-Sunday from 12:00 pm to 4:00 pm . Text or call 1-833-PHL-HOPE (1-833-745-4673)** to speak with clinicians for free by video or phone. If students and families call outside the window of operation, you can leave a message and will be provided with a crisis phone number in case of an emergency. All messages will be returned the next day. If you or someone you know is experiencing grief/loss, contact the Uplift Center at **267-437-3123, Mondays through Fridays from 8:30 a.m. – 5:30 p.m.** If you leave a message, they will return your call as soon as possible. See their website for more at-home supports and services:

**<https://upliftphilly.org/programs/uplift-resources/uplift-at-home/>;**

**<https://www.upliftphilly.org/>**

**For those who identify as LGBTQIA, The Trevor Project's** trained counselors are here to support young people who are in crisis, feeling suicidal, or in need of a safe and judgment-free place to talk. Call or text their **24-hour support lines** or visit their website to chat online or join their social networking site. **1-866-488-7386 or text START to 678678; <https://www.thetrevorproject.org>**

Call the Department of Human Services' **Support & Referral Helpline**, staffed by skilled and compassionate caseworkers who will be available **24/7**, if you, your child or someone you know is struggling with anxiety and/or other challenging emotions as a result of the COVID-19 emergency. They can refer you to local community-based resources that can further help meet the needs of you and/or your loved ones: **1-855-284-2494. For TTY, dial 724-631-5600.**

If you or someone you know is experiencing **domestic violence of any kind**, call the **National Domestic Violence 24-hour hotline: 1-800-799-7233**. If you are unable to speak safely, you can log onto <https://www.thehotline.org/> or text LOVEIS to 22522 to connect with a trained advocate who can assist you.

If you or someone you know is experiencing **sexual abuse of any kind**, call the **Women Organized Against Rape 24-hour hotline: 215-985-3333; <https://www.woar.org/>**

If your family or someone you know is **experiencing homelessness**, call the **Project Home 24-hour hotline: 215-232-1984; <https://www.projecthome.org/>** or view the Homeless Shelter Directory: <https://www.homelesshelterdirectory.org/pennsylvania.html>

**\*Articles and Resources For Talking to Your Child About COVID-19 (click on the links to access):**

[Talking to Children About COVID-19 \(Coronavirus\): A Parent Resource](#)

[Talking with children about Coronavirus Disease 2019](#)

**The Pandemic Toolkit Parents Need - 8 expert tips to help families stay regulated:**

<https://www.psychologytoday.com/us/blog/pulling-through/202004/the-pandemic-toolkit-parents-need>

**A Survival Guide for Parenting Through the Global Pandemic:**

<https://www.psychologytoday.com/us/blog/the-modern-child/202004/survival-guide-parenting-through-the-global-pandemic>

**\*Articles, Websites & Plans to Help Your Teen Manage Stress (click on the links to access):**

[For Teens: Creating Your Personal Stress Management Plan](#)

[10 COVID-19 Anxiety Reduction Strategies](#)

[Mental Health and Coping During COVID-19 | CDC](#)

[Emotional Recovery | Disaster Relief | Red Cross](#)

[National Alliance on Mental Health Top Helpline Resources](#)

**\*Free Food For Families:**

[Find free meals for students while schools are closed | Managing Director's Office](#)

[COVID-19 Food Resources](#)

**\*Academic/College & Career Supports & Resources:**

### **Lessons & Tutoring:**

[Khan Academy | Free Online Courses, Lessons & Practice](#)

[Virtual Nerd \(math support\)](#)

[Tutor.com through The Princeton Review](#)

### **\*College & Career:**

[Naviance](#) (online college & career readiness tool that the district uses - your child can access the Naviance app through their student portal and complete various personality and career assessments as well as college fit surveys and research colleges, universities and scholarship opportunities).

[Philadelphia Futures' Step Up to College Guide](#) (76 pages filled with guidance, tips and resources)!

[CollegeBoard](#) (SAT test prep, college planning, free virtual AP classes and more)

[ONET](#): online career awareness and exploration tool

[CareerOneStop](#): online career awareness and exploration tool

[CollegeGradCareers](#): online career awareness and exploration tool

### **\*Online Fun for Your Child to Explore:**

Many online resources are now being offered for free. Browse these resources or Google things your teen may be interested in exploring.

### **Free Mindfulness, Meditation & Wellness:**

[Inner Strength Foundation](#) - meditation and mindfulness resources for teens

[Journal Your Feelings Guided Journaling](#)

[24/7 Wellness](#) (Physical & Mental Health Resources)

[Calm Meditations](#)

[Insight Timer](#) (35,000 Guided Meditations)

[The Science of Well-Being](#) (Free Course offered by Yale University - one of their most popular classes!)

### **Learn at Home for Free (Including College Classes!):**

[450 Ivy League courses you can take online right now for free!](#)

[Khan Academy | Free Online Courses, Lessons & Practice](#)

[Online Study Abroad](#)

[Free Books!](#)

[Learn to Code with Free Code Camp](#)

[Intro to Computer Science](#)

### **Free Art Classes & Activities:**

[Art at Home!](#)

[Craft Classes](#)

[Art Lessons from Famous Illustrators](#)

**Free Sports:**

[NBA League Pass Free Preview](#)

[NFL Game Pass](#)

**Free Museum Tours:**

[Museum and Gallery Tours You Can Take from Your Couch](#)

[12 World-Class Museums You Can Visit Online](#)

**Free Fitness:**

[FitFabFun At Home Workouts](#)

[Nike Training Club App](#)

[Orange Theory At Home Workouts](#)

[24 Free Livestream Workouts and At Home Workout App Trials](#)

[Yoga with Adriene](#)

\*Don't forget Mr. Schieber and Ms. Woodburn's daily workouts!!\*

**Free Theater:**

[National Theatre](#)

[Let's stay connected #CirqueConnect](#)

**Free Concerts & Music:**

[Top 12 Free Online Guitar Lessons of 2020](#)

[3 Months of Free Guitar Lessons](#)

[Here Are All the Live Streams & Virtual Concerts to Watch During Coronavirus Crisis \(Updating\)](#)

[The Philadelphia Orchestra](#)

**Free Cooking Classes:**

[Cooking Classes with the Culinary Cook](#)

[Best YouTube Cooking Channels](#)

**Explore National Parks for Free:**

[Parks from Home](#)

**Science Activities & Experiments:**

Academy of Natural Sciences- Color Our Collections: [Science From Home](#)

**Free Inspiration:**

Become a RAKtivist! - [Random Acts of Kindness Organization](#)