

Mental Health, Behavioral and Social Emotional Learning Resources

Crisis Resources:

- ★ **Orange County Crisis Call Center:** 1-800-832-1200
 - Provides assistance for people in need of support due to a mental illness, substance use, developmental disability, sexual assault, or who need information/referrals with trained professionals 24/7.

- ★ **Access Supports for Living Virtual Urgent Care:** 1-888-750-2266 (select option 2)
 - Regional urgent care for mental health and substance abuse issues; therapy, psychiatry and peer support available by phone and telemedicine 24/7 for adults and children, regardless of insurance or ability to pay.

- ★ **Resource list from Orange County Mental Health:**
 - www.orangecountygov.com/616/Mental-Health

- ★ **Text 4 Teens:** Text 845-391-1000 24 hours/7 days a week
 - A confidential textline for teens for info, referrals or just to chat.

- ★ **NYS Office of Mental Health omh.ny.gov Reach Out Hotline 844-863-9314**
 - The Emotional Support Line provides free and confidential support, helping callers experiencing increased anxiety due to the coronavirus emergency. The Help Line is staffed by volunteers, including mental health professionals, who have received training in crisis counseling.

- ★ **Mobile Mental Health 24-hour:** 1-888-750-2266

- ★ **Orange Regional Medical Center ER:** 845-333-1623

- ★ **National Suicide Prevention:** 1-800-273-8255

Parent Resources:

- ❑ [Orange County Cornell Cooperative Extension](#)
- ❑ [Orange County Cornell Cooperative Extension's Webinar *Tapping into Resilience* which was taped on Thursday and might be worth watching...](#)
- ❑ [Resources for parents struggling to balance work, child care and self-care while keeping worries, both your children's and your own, under control.](#)
- ❑ [Helping Kids Learn at home: Self Directed Learning](#)
- ❑ [How to Talk to Your Anxious Child or Teen About Coronavirus](#)
- ❑ [How to Avoid Passing Anxiety to Your Children](#)
- ❑ [Talking to your Child about COVID-19:](#)
- ❑ [Brain Pop Video-COVID-19](#) It can be scary to hear about a disease outbreak, but learning the facts can help ease your mind.
- ❑ [Helping Children Cope with Changes from COVID-19](#) This article from the National Association of School Psychologists gives suggestions on how to discuss the COVID-19 epidemic with children and families who are adapting and evolving to this pandemic everyday.
- ❑ [Social Emotional Learning Resources During COVID-19](#)
- ❑ [Manage Anxiety and Stress](#)

Elementary School Student Activities:

- ❑ [GoNoodle: Home](#) Go Noodle is a website that engages kids in movement and mindfulness activities that are designed to promote physical wellness, academic success and social-emotional health.
- ❑ [51 Mindfulness Activities for Children](#) The best way to show students how to be mindful is to practice it in class. Use these 51 engaging mindfulness activities for kids to help your students hone their self-awareness and self-regulation skills.
- ❑ [CaseL Resources](#) A link connects to confidentparentsconfidentkids.org and a whole series of "EQ in your PJs" videos and activities that will be rolled out weekly.
- ❑ [Managing Stress Before it Manages You](#) 4 part series

- ❑ [Helping Children Embrace Big Emotions in Times of Crisis](#)
- ❑ [Isaac's Story](#) Story about talking to kids about mental health

Middle School Resources & Activities

Parental Support and Suggestions

- ❑ [Printable Visual Schedules for a Variety of Ages and Needs](#)
- ❑ [Daily Schedule Advice for ADHD Families](#)
- ❑ [How can I nurture my child's mental health?](#)
- ❑ [How to Talk to your Child about Social and Emotional Issues](#)

Strategies for Keeping Calm During COVID-19

- ❑ [25 Fun Mindfulness Activities for Children and Teens \(+Tips!\):](#)
- ❑ [Distress Tolerance Skill for Teens](#)
- ❑ [Tips for Reducing Anxiety in Children](#)
- ❑ [Offering Opportunities for Expression](#)
- ❑ [Virtual field trip opportunities and 38 Ideas for home activities](#)

Screen-Free Activities to do at Home

- ❑ [Social & Emotional Learning Activities for Families](#)
- ❑ [Creative Mindfulness Activities](#)
- ❑ [250+ Activities to keep sane during COVID-19!](#)
- ❑ [Healthy Activities to do at Home](#)

Social-Emotional Activities and Worksheets

- ❑ [Gratitude Journal](#)
- ❑ [Worry Coping Cards](#)
- ❑ [Small Talk: Discussion Cards for Kids](#)
- ❑ [Positive Psychology Prompt Cards](#)
- ❑ [Grounding Techniques](#)

High School Student Activities:

- ❑ [Social & Emotional Learning Activities for Families of HS Students](#)
- ❑ [Kids Health/Teens](#)
- ❑ [Guided Meditation for Teens](#)
- ❑ [Some Helpful Mindfulness Activities](#)
- ❑ [How to Help Your High School Senior Through COVID-19 Pandemic](#)
- ❑ [How to Change Negative Thinking Patterns](#)
- ❑ [Tips for Communicating with Your Teen](#)

