

Dear families and community partners,

We hope you are staying well and healthy during these uncertain and difficult times.

To support you and any needs you may have, we have compiled a list of free and affordable local resources for food, mental health support, legal help etc. as well as tips for coping with this crisis and COVID-19 related changes.

If you have any questions about where to find more resources, you can call 211 to reach a free, confidential resource hub in English or Spanish available 24 hours a day, 7 days a week. You can also e-mail us at coping.language.lab@gmail.com if you need support finding community resources.

We are thinking of you and wishing you health and hope.

Take care,
The Pediatric Coping and Language Lab



Tips for Coping with the COVID-19 Crisis

During these uncertain times, it is perfectly normal to be dealing with stress or fear. These last few weeks may have brought difficult situations for you and your family. However, these are some ways to cope with these emotions as we move forward in our new reality:

1. *You are not alone.* Find someone you can talk to about what you and your family are going through. This can be a close friend, a family member, or a coworker. If you are in need of someone else to talk to or in need of resources, there are community resources available in this newsletter.
2. *It is okay to take a break once in a while.* As parents, it can be overwhelming to take on sudden responsibilities. Find even a couple minutes for yourself to do something fun, like listen to music, go on a walk, or pick a TV show to watch.
3. *Listen to your child's concerns.* They might be experiencing some similar emotions as you. Take some time to talk about COVID-19 with your child and figure out what they need. Be honest and think about how much your child can understand at their age.
 - a. Here are CDC's tips on how to do so:
<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/talking-with-children.html>
 - b. Spanish:
<https://espanol.cdc.gov/coronavirus/2019-ncov/daily-life-coping/talking-with-children.html>

- c. Here is a workbook that can help your child cope during the Coronavirus Pandemic:
http://teacher.scholastic.com/education/pdfs/FirstAidForFeelings_Eng.pdf
 - d. Spanish version:
http://teacher.scholastic.com/education/pdfs/FirstAidForFeelings_Spa.pdf
4. *It is okay to not know all the answers--most of us don't!* It's also okay to tell your child you're unsure. However, be cautious when choosing sources to learn more. It is best to keep up with the credible news daily, but be careful to not overwhelm yourself with information, as this could create more stress.
- a. Here is CDC's info on COVID-19:
<https://www.cdc.gov/coronavirus/2019-ncov/index.html>
 - b. Spanish:
https://espanol.cdc.gov/coronavirus/2019-ncov/index.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Findex-sp.html
5. *Take some of this time to grow in your relationship with your child.* Do some of their favorite activities with them, and ask about their day. This can be hard to fit in a packed schedule, but even 5 minutes goes a long way!
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Community Resources

Below are a list of resources in the Austin area for needs like food, mental health & healthcare, and more!

If you want to talk to someone about resources in the community for food, healthcare, etc., **call 211 to reach a free, confidential resource hub in English or Spanish available 24 hours a day, 7 days a week*

Food Resources

- **AISD Curbside Meals:**
 - Any child under the age of 19 may receive one breakfast and one lunch meal daily, Monday-Friday.
 - Parent must have documentation that they have a child (e.g. a child report card, school ID, etc.) or the child can be present.
 - Go [here](#) for the map of the 70 food pick-up locations!: <https://bit.ly/AISDFoodMap>
 - Go here for more information in English & Spanish:
<https://www.austinisd.org/covid19/meals>
 - For more information, call the Family Support Line [\(512\) 414-9187](tel:5124149187) from 7am to 5pm, Monday - Friday
- Map of All Food Resources in Austin and surrounding cities, click [here](#):
<https://bit.ly/AustinFoodMap>

- List of food pantries can be found here:
<https://connectatx.unitedwayaustin.org/v2/favorites/public/covid-food-pantries>
(language can be changed to Spanish in the bottom left corner)
- Central Texas Food Bank Website in Spanish can be found here:
<https://www.centraltexasfoodbank.org/es/obtenga-ayuda>

Health Resources

- **Medicine Delivery**
 - Pharmaceutical home delivery and sidewalk delivery services available, call (512) 978-8139
- **Texas Association of Community Health Centers:**
 - Find a Community Health Center:
<https://www.tachc.org/find-healthcare-center>
- *If you have no insurance and are experiencing coronavirus-life symptoms (dry cough, fever, shortness of breath), you can call CommUnity Care at 512-978-9015 for low-cost healthcare*

Mental Health Resources

- **COVID-19 Mental Health Support Line**
 - If you or a loved one needs mental health support related to COVID-19 stress and this crisis, please call 833-986-1919 to reach someone 24 hours a day, 7 days a week. Counseling services are free and confidential.
- **Optum Emotional Support Help Line**
 - Call 866-342-6892 to get FREE support from a trained mental health specialist if you or a family member is experiencing anxiety or stress
 - You can call 24 hours a day, 7 days a week.
 - Someone may answer the phone in English, but they can provide Spanish-language support
 - More information can be found here:
<https://www.optum.com/covid-19/covid-19-emotional-support.html>
- **Suicide Prevention Hotline**
 - We know this can be a very stressful time right now. If you're thinking about suicide, you are worried about your child, friend or loved one, or you would like emotional support, you can call 1-888-628-9454 (Spanish) or 1-800-273-8255 (English) or talk to someone online at <https://suicidepreventionlifeline.org/chat/>
 - If it is an emergency, call 911
 - Information in Spanish:
<https://suicidepreventionlifeline.org/help-yourself/en-espanol/>

Technology Resources

- **Internet: Free** Internet from Spectrum **for 60 days** for families with children in K-12 or college, call (833) 267-6094 for information

- **EveryoneOn:** Find low-cost internet and affordable computers in your area.
 - <https://www.everyoneon.org/find-offers>

Housing Rights Support

- **Austin Tenants Council**
 - If you rent housing in Austin, Travis County or Hays County, and are facing issues with your landlord, you can call Austin Tenants Council at (512) 474-7006

Legal Help

- **Texas RioGrande Legal Aid**
 - If you need free legal help for employment, domestic violence, housing, immigration, or other concerns, you can call the Texas RioGrande Legal Aid hotline (888) 988-9996 between 9am - 5pm Monday through Friday
 - You can get more information in English (<https://www.trla.org/help#servicespan>) or Spanish (<https://www.trla.org/ayuda/#SASpanish>)
- **SAFE - Domestic Violence Help**
 - If you are concerned about your or your families' safety, please call (512) 267-7233 or text (737) 888-7233, they are available 24 hours a day, 7 days a week
 - For more information in English (<https://www.safeaustin.org/>) and Spanish ([https://www.safeaustin.org/get-help/#googtrans\(en|es\)](https://www.safeaustin.org/get-help/#googtrans(en|es)))
- **National Domestic Violence Hotline**
 - Advocates are available 24/7 to talk confidentially with anyone in the United States who is experiencing domestic violence, seeking resources or information, or questioning unhealthy aspects of their relationship.
 - Call at 1-800-799-SAFE or use the live chat service (www.thehotline.org)

Kid Activities

- **BrainPOP** - <https://www.brainpop.com/> (English), <https://esp.brainpop.com/> (Spanish)
 - Free videos and activities for science, math, English, social studies, engineering & technology, art, and English Language Learners
- **Scholastic** - <https://classroommagazines.scholastic.com/support/learnathome.html>
 - Free day-by-day projects to keep kids reading, thinking, and growing
- **Khan Academy** - <https://keeplearning.khanacademy.org/daily-schedule> (English), <https://s3.amazonaws.com/KA-share/Translations/ES+Horarios+de+Khan+Academ+y+durante+la+suspensio%CC%81n+de+clases.pdf> (Spanish)
 - Free Pre-K to 12th grade daily schedule for school closures with math, science, reading, and social studies lessons and activities.