

COVID-19 Resources

<u>TOPIC</u>	<u>WEBSITE/RESOURCE</u>
Abuse	<ul style="list-style-type: none"> ● DCFS Department of Child and Family Service: 800-25-ABUSE
Addiction Counseling & Substance Abuse	<ul style="list-style-type: none"> ● Gateway Foundation: Call 877.381.6538 https://www.gatewayfoundation.org/contact-gateway-foundation/ ● SAMHSA: Disaster Distress Helpline
Autism	<ul style="list-style-type: none"> ● RCADD is still taking phone consultations. Phone consultations can discuss different activity ideas in the home, creation of social stories, strategies to address challenging behaviors in the home and referrals For English: (312) 379-9579 For Spanish: (312) 508-3490 RCADD Center for Literacy University of Illinois at Chicago The RCADD website has been updated to include a variety of printables and resources for families: https://sites.google.com/a/uic.edu/rcadd/ ● AFIRM: Supporting Individuals with Autism through Uncertain Times ● Are You Homeschooling a Child With Autism? ● Easy Ways to Help Your Child With Self-Regulation
Behavioral Health	<ul style="list-style-type: none"> ● Asian Human Services: Call 708-317-8626 Child and Adolescent Behavioral Health
Community Resources	<ul style="list-style-type: none"> ● Access Living: COVID-19 Resources for the Disability Community ● Taller de Jose Call: 773-523-8320 Case management services ● Chicago COVID-19 Resource Repository ● Comcast Internet: <ul style="list-style-type: none"> ○ To sign up, applicants can simply visit www.internetessentials.com. The accessible website also includes the option to video chat with customer service agents in American Sign Language. There are also two dedicated phone numbers 1-855-846-8376 for English and 1-855-765-6995 for Spanish ● Illinois Coalition for Immigrant and Refugee Rights Directory ● Latino Policy Forum - Index of CoronaVirus Resources ● United Way: United Way Neighborhood Resource Search

<p>Counseling & Support Groups</p>	<ul style="list-style-type: none"> • Teen Line Call: 310.855.4673, Text “TEEN” to 839863 teenlineonline.org <p>Teen-to-teen hotline and community outreach program available every night from 6-10 pm to help adolescents address their problems in a confidential, anonymous and comfortable way</p> <ul style="list-style-type: none"> • DePaul University Education and Counseling Center <p>Remote counseling services and virtual tele-mental health services now available. Currently accepting new referrals for all ages. DePaul Counseling Services</p> <hr/> <ul style="list-style-type: none"> • The Catholic Charities Youth and Family Counseling programs are able to offer telehealth (phone and video) therapy services to children who may be negatively impacted by the COVID 19 crisis. Catholic Charities therapists are all masters level therapists who can assist children to cope and manage the stress that has recently compounded their lives. Please call the Catholic Charities intake number, 312-655-7191, if interested in exploring this option. Catholic Charities accepts all forms of Medicaid and types of private insurance. If you have private (employer) insurance your copayments and/or deductibles will be waived during this time. Services are available in English and Spanish.
<p>Crisis/Suicide</p>	<ul style="list-style-type: none"> • SASS Cares: Illinois Crisis and Referral Entry Services (CARES) Crisis Line 800.345.9049 (TTY: 866.794.0374) <p>Crisis mental health services for children and adolescents; also determines eligibility for Screening, Assessment and Support Services (SASS), intensive mental health services for individuals who may need hospitalization; and refers to community mental health or other services</p> <ul style="list-style-type: none"> • National Suicide Prevention Lifeline Call or Text: 800.273.TALK (8255) or 800.SUICIDE (784.2433) suicidepreventionlifeline.org <p>24/7 free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals</p> <ul style="list-style-type: none"> • Crisis Text Line: Text “HELLO” to 741741 crisistextline.org <p>24/7 free support for those in crisis</p> <ul style="list-style-type: none"> • Trevor Project Lifeline: 866.488.7386, thetrevorproject.org <p>24/7 crisis intervention and suicide prevention services for lesbian, gay, bisexual, transgender and questioning (LGBTQ) young people ages 13-24.</p>

<p>Domestic Violence</p>	<ul style="list-style-type: none"> ● National Domestic Violence Hotline: Call 1-866-331-9474, TTY 1-866-331-8453 or Chat loveisrespect.org, Text "loveis" to 22522 <p>24/7 support for victims and survivors who need support</p> <ul style="list-style-type: none"> ● Between Friends Call: 1- 800-603-HELP https://www.betweenfriendschicago.org/ <p>Domestic violence support agency, excellent resource for referrals</p> <ul style="list-style-type: none"> ● Mujeres Latinas en Accion Call: 312.738.5358 <p>24-Hour Domestic Violence Crisis Line. Domestic violence support and women’s advocacy</p> <ul style="list-style-type: none"> ● Chicago Says No More - DOMESTIC VIOLENCE HELPLINE: 877.863.6338 https://chicagosaysnomore.org/ ● Sarah’s Inn Call 708-386-4225 or text 708-792-3120 <p>24 hour Crisis Line</p> <ul style="list-style-type: none"> ● National Association of Domestic Violence Hotline: Call 800-799-SAFE
<p>Using Google</p>	<p>Google Slides Interactive Presentations:</p> <ul style="list-style-type: none"> ● How to Create Drag and Drop Activities with Google Slides ● Making a PDF Editable to Share in Google Classroom
<p>Grief</p>	<ul style="list-style-type: none"> ● Willow House: Coping with Grief During the COVID-19 Crisis
<p>Home Resources</p>	<ul style="list-style-type: none"> ● Making the Most of COVID-19 School Closures ● Food Banks ● Stuck at home? Visit these famous sites for free! ● Virtual Museum Tours ● Daily Schedule: A realistic plan while home for COVID-19
<p>Housing & Homeless Supports</p>	<ul style="list-style-type: none"> ● La Casa Norte Call 773-276-4900 http://www.lacasanorte.org/ <p>Emergency housing services for women and Children</p> <ul style="list-style-type: none"> ● Economic Assistance for IL Families: The Pritzker Administration and its local partners are working to help families affected by COVID-19 <ul style="list-style-type: none"> ○ Apply for Unemployment Insurance: If you are without access to paid sick leave or unable to work because of COVID-19 <ul style="list-style-type: none"> ■ CALL IDES at 1(800)244-5631 or Visit https://www2.illinois.gov/ides ○ Gov. Pritzker called for a moratorium on shutoffs for all utility companies- including energy, telecom and water – and several have announced plans to maintain services and waive late payment fees ○ Cook County is suspending court-ordered eviction

LGBTQ Supports	<ul style="list-style-type: none"> ● Center on Halsted 773.472.6469 http://www.centeronhalsted.org/ <p>Center on Halsted is the Midwest's most comprehensive community center dedicated to advancing community and securing the health and well-being of the Lesbian, Gay, Bisexual, Transgender and Queer (LGBTQ) people of Chicagoland. Case Management services can direct youth to behavioral services, case management and housing.</p>
Managing Stress	<ul style="list-style-type: none"> ● Parent/Caregiver Guide to Helping Families Cope With the Coronavirus Disease 2019 (COVID-19) ENGLISH ● Parent/Caregiver Guide To Helping Families with COVID-19 SPANISH ● Parent/Caregiver Guide to Helping Families with COVID-19 CHINESE ● Psychology Today - How to Stay Calm in the Midst of the Coronavirus Crisis ● CDC Managing Anxiety and Stress ● Psychological Impact of Quarantine and How to Reduce It
Mindfulness	<ul style="list-style-type: none"> ● https://childmind.org/article/the-power-of-mindfulness/ ● PBS Kids - How to De-Stress during Coronavirus ● Calm Down Printable Coloring Sheets ● 25 Mindfulness Activities for Children and Teens ● 2 Minutes Mindful Relaxation https://www.youtube.com/watch?v=i3OoBoY3Sek&t=64s ● 3 Minute Body Scan Meditation – Mindfulness https://www.youtube.com/watch?v=ihwcv_ofuME ● 4-7-8 Breathing Exercise to Alleviate Anxiety and Stress for Teens and Adults https://www.youtube.com/watch?v=PmBYdfv5RSk ● 5 Minute Mountain Meditation for Teens and Adults https://www.youtube.com/watch?v=R9w7SjHaZmE
Self-Care	<ul style="list-style-type: none"> ● Cultivating Self and Community Care ● The Self-Care Project ● Taking Care of Your Mental Health in the Face of Uncertainty
Sexual Assault	<ul style="list-style-type: none"> ● Chicago Says No More SEXUAL ASSAULT HELPLINE: 888.293.2080 https://chicagosaysnomore.org/ 24-Hour Chicago Rape Crisis Hotline
Social Distancing	<ul style="list-style-type: none"> ● Keeping Your Distance to Stay Safe
Social Emotional	<ul style="list-style-type: none"> ● SEL Online lessons *this list was put together by a IASSW member

<p>Learning Activities</p>	<ul style="list-style-type: none"> ● Social-Emotional Bingo.xlsx ● 75 Indoor Games for Kids - Boredom Busters for All Ages ● 40 Scavenger Hunt Riddles for Kids ● Pictionary Words for Kids ● 101 Good Charades - Ideas for Kids to Act Out
<p>Social, Emotional Supports</p>	<p>Amaze.org offers an array of short fun and educational videos for older students (5th- 8th grade) with a focus on developing healthy relationships. Below are some recommended options:</p> <ul style="list-style-type: none"> ● Staying Safe on the Internet ● Depression and Anxiety ● Teasing: Not just Harmless Fun ● Healthy vs. Unhealthy Relationships ● Finding an Adult You can Trust ● How to be a Good Listener ● Active Listening: How to Communicate Effectively ● Passive, Assertive, and Aggressive Communication <p>Social Skills Squad Videos and Lessons</p> <p>This free video-based social skills program focuses on improving students' understanding of social context, detecting meanings of facial and vocal expressions, as well as effective expression of social language. Lessons are available for both younger (7-12 year old) and older (age 12 and up) students. Themes include empathy, rules of conversation, perspective taking, understanding sarcasm, and accepting change. This is an excellent option for students who are on the Autism spectrum but the skills are beneficial for anyone!</p> <p>OSEL Curricula and Programs - COVID resources</p> <p>Centervention - Free SEL Activities</p> <p>The site provides free resources – lessons, activities, and printables – in the following skill areas: Communication, Cooperation, Emotion Regulation, Empathy, Impulse Control, and Social Initiation.</p> <p>Social Express</p>

	<p>This company offers animated interactive lessons, allowing users to practice in a safe environment the skills needed to manage real-life social situations. The fun and easy to use programs help drive learning and success in and out of the classroom. Access to the program is being offered free through June 1st 2020.</p>
Social Stories	<ul style="list-style-type: none"> ● Coronavirus Social Story by KeshetChicago ● Coronavirus Social Story ● We Need to Stay Healthy ● Covering Symptoms and Helping Slow the Spread
Stories for Kids	<ul style="list-style-type: none"> ● What Kids Want To Know About Coronavirus: An Original Comic : Goats and Soda ● The Big List of Authors Doing Read Alouds and Activities ● Vooks is offering one year of free membership for teachers: https://www.vooks.com/teacher-appreciation
Talking About COVID-19 at Home	<ul style="list-style-type: none"> ● Talking to Kids about Coronavirus ENGLISH ● Talking to Kids about Coronavirus SPANISH ● How To Talk To Kids About Coronavirus ● How to Talk to Your Kids about the Coronavirus to Ease Their Anxiety with Dr. Maru Torres-Gregory, PhD ● Hope Informed Thoughts for Parents ● Supporting Teenagers and Young Adults During the Coronavirus Crisis ENGLISH ● Supporting Teenagers and Young Adults during the Coronavirus Crisis SPANISH ● World Health Organization: Advice for the Public
Teaching Tolerance	<ul style="list-style-type: none"> ● Teaching Tolerance: Teaching Through Coronavirus
Trainings/ Resources for Social Workers	<ul style="list-style-type: none"> ● Citywide ODLSS Professional Development SY 2019-20 ● Webinar: COVID-19 Health Crisis: Getting through This Together, School Social Work in a Changing Landscape ● AAIDD Webinar COVID-19 and People with IDD: Taking Action to Mitigate Risk ● Mental Health Association of Greater Chicago Webinars ● https://schoolsocialwork.net/
Virtual Support Groups	<ul style="list-style-type: none"> ● NAMI Chicago Virtual Support Groups <p>List will be updated weekly. Call NAMI Chicago’s free Helpline seven days a week at 833-626-4244.</p>

