

This document provides resources for many of the concerns that may be facing your students and families during this COVID19 crisis.

HEALTH	
<p>Is anyone in your household experiencing health related issues (COVID19 or otherwise)?</p>	<p><a href="#">Center for Disease Control What to do if you are sick</a></p> <p><a href="#">Lapeer County Health Department</a></p>
<p>Is your household coping with the loss of a family member?</p>	<p><a href="#">Grief and Loss Resources</a></p> <p><a href="#">Supporting Grieving Children and Teens</a></p> <p><a href="#">Toolkit: Responding to Change &amp; Loss In Support of Children, Teens, and Families</a></p>
<p>Do you need help talking to kids about the COVID19?</p>	<p><a href="#">Talking to kids about the Coronavirus</a></p> <p><a href="#">Lego Social Story about Coronavirus</a></p> <p><a href="#">Coronavirus Social Social</a> (for students with Autism)</p> <p><a href="#">Helping Children Cope With Changes Resulting From COVID-19</a></p>
<p>Is anyone in your home in need of mental health supports?</p>	<p>If you or someone you care about are feeling overwhelmed with emotions, like sadness, depression, or anxiety, or feel like you want to harm yourself or others:</p> <ul style="list-style-type: none"> <li>● Call 911</li> <li>● Disaster Distress Helpline FREE 24/7 counseling &amp; Support 1-800-985-5990 or text TalkWithUs to 66746</li> <li>● National Suicide Prevention Lifeline 1-800-273-8255 or text MHFA to 741741 to talk to a Crisis Text Line Counselor</li> <li>● National Domestic Violence Hotline call 1-800-799-7233 and TTY 1-800-787-3224</li> </ul> <p><a href="#">Parent and student social-emotional supports folder of resources</a></p> <p><a href="#">Anxiety Workbook for teens</a></p> <p><a href="#">Mental Health and Coping During COVID-19</a></p> <p><a href="#">Tips for Supporting Student Wellness at Home During COVID-19</a></p> <p><a href="#">Self-Care, Mindfulness and Social and Emotional Learning (SEL) for teachers and parents</a></p>

<p>Is anyone in your household struggling with stress or anxiety?</p>	<p><a href="#">Mindfulness resource</a></p> <p><a href="#">Mind Yeti for Children</a></p> <p><a href="#">We're here for you</a></p> <p><a href="#">Smiling Mind</a></p>
<p>Do you need help supporting a student with Autism?</p>	<p><a href="#">Coronavirus Social Social</a></p> <p><a href="#">Online toolkit for those supporting individuals with autism during COVID-19 epidemic</a></p>
<p><b>Family Situation</b></p>	
<p>Are you, or other family members in your household, working remotely while also providing care for your children?</p>	<p><a href="#">Essential Worker Childcare in Lapeer County</a> if available centers needed Or contact Rebecca Robertson <a href="mailto:robertson@lapeerisd.org">robertson@lapeerisd.org</a> or call (810) 245-3963</p>
<p><b>Food</b></p>	
<p>Is your family in need of food assistance?</p>	<p><a href="#">Lapeer County Collaborative Food Program</a></p> <p><a href="#">Community Food Program (not School)</a></p>
<p>If yes, are you able to drive to access food assistance?</p>	<p><a href="#">GLTA</a> is offering to deliver food if needed (810) 664-4566</p> <p><b>For school-age children, contact the building principal</b></p>
<p><b>Financial</b></p>	
<p>Is your household experiencing financial difficulty as a result of COVID 19?</p>	<p><a href="#">Lapeer County Assistance Program</a></p> <p><a href="#">Community Agency Directory</a></p> <p>Michigan 211 by phone at 2-1-1 or online at <a href="https://www.mi211.org">https://www.mi211.org</a> Provides information and resources on help with utilities, food, shelter, prescription expense assistance, free tax preparation and more.</p>
<p>Is your family in need of internet assistance?</p>	<p><a href="#">Internet Essentials from Comcast</a></p> <p><a href="#">AT&amp;T reduced and free internet</a></p> <p>Free WIFI outside of all Lapeer District Libraries. Password posted on the Door.</p>