

Resource Guide for Caregivers, Teachers, and Staff

The NAN Project has compiled this **Resource Guide** to offer a range of strategies and supports for young people and adults during the ongoing COVID19 situation. As we move through this time of uncertainty, we are forced to change our routines, reduce our movement in the world and learn how to live differently, causing feelings of anxiety and disorientation. This is a normal response. We are in this together, and together we'll get through it. In the spirit of helping each other manage, The NAN Project offers the following resources - websites, articles, videos and apps - that may lessen the burden that COVID 19 has placed on our emotional well-being.

GENERAL INFO REGARDING CORONAVIRUS



- ★ [Center for Disease Control](#)- The CDC provides reliable, up-to-date information on the coronavirus, as well as expert recommendations for staying safe and healthy.
- ★ [City of Boston Hotline](#)- For Boston area updates and relief services, call 1-800-847-0710.
- ★ [Mass.Gov](#)- Resource for Coronavirus Information-Text COVIDMA to 888-777
- ★ [Harvard Health Blog](#)- Coping with Coronavirus Anxiety

ARTICLES ON MANAGING LONELINESS

- ★ [Crisis Text Line](#)- How to Deal with Loneliness: Learn the signs and what you can do.
- ★ [NAMI](#)- Combating Loneliness with EASE: Learn some action steps to avoid loneliness.

ARTICLES ON MANAGING STRESS AND ANXIETY

- ★ [AFSP](#)- Protecting Your Mental Health During the Coronavirus Outbreak: If you are struggling, here are some things you can do to take care of your mental health in the face of uncertainty.
- ★ [The Mighty](#)- A Great Collection of Stories, Tips, and Strategies to Stay Hopeful: A great site full of ideas, fun activities, and support.
- ★ [Healthline](#)- 5 Quick Ways to Cope with Anxiety: Offers easy, effective strategies to cope with anxiety.

APPS TO MANAGE MENTAL HEALTH

- ★ [Happify](#)- A brain-training app based on research showing that certain activities can help you combat negativity, anxiety and stress while fostering positive traits like gratitude and empathy.
- ★ [Headspace](#)- "A gym membership for the mind," Headspace provides a series of guided meditation sessions and mindfulness training.

HELPLINES



- ★ [National Suicide Prevention Lifeline](#): 800-273-TALK (8255)
- ★ Samaritans 24 Hour Response: Call or text: 877-870-4673
- ★ The Crisis Text Line: Text HOME to: 741-741
- ★ Emergency Services Program: Call 877-382-1609 and enter your zip code for evaluation
- ★ [Substance Abuse and Mental Health Services Administration](#) (SAMHSA): free 24-hour Disaster Distress Helpline at 1-800-985-5990
- ★ Parental Stress Line: Trained volunteer counselors offer a way to relieve stress in an environment which is non-judgmental and sympathetic. 1-800-632-8188 (24/7)
- ★ [Massachusetts 2-1-1](#) : Phone informational and referral hotline for critical health and mental health information 24/ 7 days. Calls are free and confidential, with interpreter services.
- ★ In an emergency, please dial **911**

During the weeks and months ahead, The NAN Project will continue to work to promote the emotional wellbeing and mental health for all of our stakeholders - peer mentors, students, caregivers, educators, and supporters. We are now developing programming using digital platforms that will be available both live and for download. Your input to this process is crucial. Please contact us at info@thenanproject.org with suggestions / needs for programming, useful resources you have come across or if there are other ways that we can provide a helping hand during these difficult times. You can also find more resources and info on Facebook @thenanproject and Instagram @the_nan_project.

*Stay safe and healthy,
- The NAN Project*