

Resources from the Counseling Office

****Resources are provided from a number of organizations including Pioneer RESA & Hall County Schools**

Community Resources

- **COVID-19 Hotline** - The State of Georgia has a new COVID-19 hotline. **Hotline: (844) 442-2681** If you believe that you are experiencing symptoms of COVID-19 or have been exposed to the novel coronavirus, please contact your primary care doctor, an urgent care clinic, or your local federally qualified healthcare center. Please do not show up unannounced at an emergency room or health care facility.
- **Optum** has a toll-free 24-hour Emotional Support Help Line at **866-342-6892** for people who may be experiencing **anxiety or stress** around COVID-19.
- The **National Suicide Prevention Hotline (1-800-273-TALK)** offers free and confidential support for people in distress, prevention and crisis resources and best practices for professionals.
- **Taking Care of Your Behavioral Health** - <https://store.samhsa.gov/system/files/sma14-4894.pdf>
- **Parent/Caregiver Guide to Helping Families Cope With the Coronavirus Disease 2019** - https://www.nctsn.org/sites/default/files/resources/fact-sheet/outbreak_factsheet_1.pdf
- **Mental Health and Psychosocial Considerations During COVID-19 Outbreak** - <https://www.who.int/docs/default-source/coronaviruse/mental-health-considerations.pdf>
- **Managing Anxiety and Stress** - https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fabout%2F coping.html
- **What to Do If the Coronavirus Health Guidelines Are Triggering Your Anxiety or OCD** - <https://themighty.com/2020/03/coronavirus-ocd-anxiety-advice/>
- **Mental Health Resources** - Twice daily Facebook Live video chats featuring our expert clinicians; Remote evaluations and telemedicine; Flat-fee phone consultations for problem behavior; Daily parent tips on childmind.org, Facebook and Instagram at 8am; Comprehensive coronavirus resources for parents; On-air experts for media appearances - <https://childmind.org/>
- **Medicaid State Resource Center** - Toolkit <https://www.medicaid.gov/state-resource-center/disaster-response-toolkit/covid19/index.html>
- **Hall County Community Resource Guide:** This is a guide that has been compiled by Hall County Social Workers to assist families in the Hall County Area. This guide includes telephone numbers, websites, addresses, location, and services of each agency. It is visible at: <https://www.halleo.org/web/community-resource-guide/>

Talking with Children about Coronavirus

- **Talking with Children About Coronavirus** - Fred Rogers Center - [FRC - COVID19-Response](#)
- **The Ultimate Kids' Guide to the New Coronavirus** - <https://www.livescience.com/coronavirus-kids-guide.html>
- **Talking with children about Coronavirus Disease 2019: Messages for parents, school staff, and others working with children** - <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/talking-with-children.html>
- **Talking to Kids About the Coronavirus** - <https://childmind.org/article/talking-to-kids-about-the-coronavirus/>
- **Answering Kids Questions about the Coronavirus, Colorado Childrens Hospital** - <https://youtu.be/vSsKQPqS7A>
- **Coronavirus Student Guide: Explanations and News Updates** - <https://sharemylesson.com/todays-news-tomorrows-lesson/coronavirus-student-guide>
- **Talking to Children About COVID-19 (Coronavirus): A Parent Resource** - [https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-\(coronavirus\)-a-parent-resource](https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource)

In Case of Emergency

-Laurelwood Hospital will provide a free assessment during the hours of 8 AM to 5 PM on Monday through Friday. Their intake office is located inside NEGA Medical Center (enter the doors to the Main Emergency Room then turn left following the signs to Laurelwood Intake. Push open the door on the left to sign in with the receptionist). Please bring identification and insurance cards. Contact the Intake Coordinator at (770) 219-3800.

-Northeast Georgia Medical Center Emergency Room is available after 5 PM and on weekends and holidays. People in crisis will need to present to the Emergency Room of NEGA Medical Center. Contact the Charge Nurse at (770) 219-1910. Please bring identification and insurance cards. The hospital will bill most insurances and the parent will be responsible for the remaining bill. The hospital does have an Indigent Care Program and parents may apply for help with their bill by asking for the program.

-Georgia Crisis & Access Line (GCAL) 1-800-715-4225 is a statewide toll-free call center for consumers to access services. The call center operates 24/7. Language Assistance is provided to callers with limited English proficiency. Individuals determined to be in immediate danger are “warm transferred” to the local 911 service in the area where the consumer is located. Call center staff do not leave the call until they have confirmation that 911 responders are on site with the caller. Individuals in need of crisis management will receive 24/7 mobile response to assess the situation, de-escalate the crisis, consult and refer with post crisis follow-up to assure linkage with recommended services.

-Summit Ridge Center (ages 12-17) will provide free assessments 24 hours a day. They are located at 250 Scenic Hwy, Lawrenceville, GA. The number for intake is (678) 442-5858.

-Crescent Pines Hospital (ages 4-18) will provide free assessments 24 hours a day. They are located at 1000 Eagles Landing Pkwy, Stockbridge, GA. The intake number is (770) 474-8888.

-Lighthouse Care Center of Augusta (ages 5-17) will provide free assessments 24 hours a day. They provide assessments over the phone and will provide transportation to their facility, as well as, transportation for the family to come weekly. They are located at 3100 Perimeter Pkwy, Augusta, GA. The intake number is (706) 651-0005.

-Lakeview Behavioral Health (ages 10-17) will provide free assessments 24 hours a day. They are located at 1 Technology Pkwy S, Norcross, GA. The intake number is 1-877-659-4522.

-Current Mental Health Provider

-Current Physician

En caso de emergencia

·El Hospital Laurelwood proveerá una evaluación gratuita durante las horas de 8 AM a 5 PM de Lunes a Viernes. Su oficina de admisión se encuentra dentro del Centro Medico NEGA (entrar por las puertas de la Sala de Emergencia Principal y luego siga las indicaciones hacia la admisión de Laurelwood y abra la puerta para registrarse con la recepcionista). Póngase en contacto con la Coordinadora de admisión llamando al (770) 219-3800.

·La Sala de Emergencia del Centro Medico de Northeast Georgia está disponible después de la 5 PM y en fines de semanas y días festivos. Las personas en crisis tendrán que presentarse a La Sala de Emergencia del Centro Medico NEGA. Póngase en contacto con la enfermera a cargo llamando al (770) 219-1910. Favor de traer tarjetas de identificación y de seguro. El hospital le facturara a la mayoría de los seguros y el padre será responsable de la factura restante. El hospital tiene un Programa de Atención para Indigentes y los padres pueden aplicar para ayuda con su factura al preguntar por el programa.

· **La Línea de Acceso y Crisis de Georgia** es un servicio gratuito patrocinado por el Departamento de HR de Ga. Están disponibles 24/7 para proveer acceso a los servicios de crisis de salud mental. Se evaluarán las situaciones de crisis a través del teléfono y tienen un equipo móvil que puede salir y hacer una evaluación cara a cara, según sea necesario. El número es el 1-800-715-4225.

· **Summit Ridge Center** (13 a 18 años de edad solamente) proporcionará evaluaciones gratuitas las 24 horas del día. Están ubicados en el 250 Scenic Hwy, Lawrenceville, GA. El número para admisión es el (678) 442-5858.

· **Crescent Pines Hospital** (4 años en adelante) proporcionará evaluaciones gratis 24 horas al día y siete días a la semana. Están ubicados en el 1291 Stanley RD NW, Kennesaw, GA. El número de admisión es (770) 474-8888.

· **Lighthouse Care Center of August** (edades de 9 – 18) proporcionará evaluaciones gratuitas las 24 horas del día y siete días a la semana. Ellos proveen evaluaciones por teléfono y proveerán transportación a sus instalaciones. Ellos proveerán transporte para que la familia venga semanalmente. El número de admisión es (706) 651-0005.

· **Profesionales Actuales de Salud Mental**

· **Doctor Familiar o Pediatra**

Parent Resources for Learning

- STEM Clearinghouse - vetted free activities in areas like science, tech, and math - <http://clearinghouse.starnetlibraries.org/>
- 8 Tips To Make Working From Home Work For You - <https://www.npr.org/2020/03/15/815549926/8-tips-to-make-working-from-home-work-for-you>
- Center for Puppetry Arts - livestreaming performances and an expanded lineup of digital learning activities and workshops, which are all available for free online - <https://puppet.org/center-for-puppetry-arts-home/?fbclid=IwAR2CxtIK3IUk-nBgaYhYPNPJlvSbvwx11PTEM2qtaE3LvkmePJugdJvzDE>
- Education Companies Offering Free Subscriptions Due to School Closings - <https://kidsactivitiesblog.com/135609/list-of-education-companies-offering-free-subscriptions/>
- Parent/Caregiver Guide to Helping Families Cope With the Coronavirus Disease 2019 - https://www.nctsn.org/sites/default/files/resources/fact-sheet/outbreak_factsheet_1.pdf
- National Parks Offer Virtual Tours - <https://www.travelandleisure.com/trip-ideas/national-parks/virtual-national-parks-tours>
- NASA Media Library is publicly accessible and copyright free - <https://images.nasa.gov/>
- Mo Willems Is Hosting a Livestream Doodle Every Weekday - <https://www.kennedy-center.org/education/mo-willems/>
- Resources for Home - <https://www.cdc.gov/coronavirus/2019-ncov/community/home/index.html>
- Talking to Children About COVID-19 (Coronavirus): A Parent Resource - [https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-\(coronavirus\)-a-parent-resource](https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource)

- **Supporting Kids During the COVID-19 Crisis: Tips for nurturing and protecting children at home** - https://childmind.org/article/supporting-kids-during-the-covid-19-crisis/?utm_source=newsletter&utm_medium=email&utm_content=%20Parents%20Guide%20to%20Problem%20Behavior&utm_campaign=Weekly-03-16-20
 - **How to Avoid Passing Anxiety on to Your Kids** - https://childmind.org/article/how-to-avoid-passing-anxiety-on-to-your-kids/?utm_source=newsletter&utm_medium=email&utm_content=%20Parents%20Guide%20to%20Problem%20Behavior&utm_campaign=Weekly-03-16-20
 - **Helping Children Cope After a Traumatic Event** - https://childmind.org/guide/helping-children-cope-traumatic-event/?utm_source=newsletter&utm_medium=email&utm_content=DOWNLOAD&utm_campaign=Weekly-03-16-20
 - **20 Educational Games and Activities Kids Can Do With Alexa** - <https://www.weareteachers.com/educational-alexa-skills/>
 - **Free Learning Opportunities from Home** - <https://drive.google.com/open?id=1FiJ621Kv5DK2RgOI8tP-DcdshyXmWIgF>
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- **GPB EDUCATION** - offers a 24/7 kids channel and kids programming online <http://www.gpbkids.org/>
 - **Special Education Websites for Students and Parents** - <https://thespedguru.wordpress.com/2020/03/14/special-education-websites-for-students-and-parents/>
 - **How to Homeschool for Free During a School Closure** - <https://oaxacaborn.com/2020/03/13/homeschool-free/>
 - **La. Teacher of the Year: An Open Letter to High School Seniors During Coronavirus Crisis** - <https://deutsch29.wordpress.com/2020/03/15/la-teacher-of-the-year-an-open-letter-to-high-school-seniors-during-coronavirus-crisis/>
 - **Paris Museums Put 100,000 Images Online for Unrestricted Public Use** - <https://kottke.org/20/01/paris-museums-put-100000-images-online-for-unrestricted-public-use>
- **Families In Schools** - Research shows that helping our students create a flexible structure around learning is not a bad idea. Below, you will find a list of free resources to support student learning during school closures.
 - Math
 - [Khan Academy](#), (All Grades)
 - [Curricki](#), (High school)
 - [Funbrain](#), (Grades K-8)
 - [Prodigy](#), (Grades 1-8)
 - [Math Playground](#), (Grades 1-6)
 - [Splash Learn](#), (Grades K-5)
 - [Math Game Time](#), (Preschool-7th)
 - English
 - [Book Creator](#) (Grades 3-12)
 - [Adapted Mind](#) (Grades 1-6)
 - [Classroom Secrets](#) (Grades K-4)
 - [Mrs. S. ELA resources](#) (Grades 9-12)
 - [Perfectly Pre-K Blog](#) (Preschool)
 - [Storyline Online](#) (Grades K-4)
 - [Get Epic](#) (Ages 0-12)
 - [Flamingo Rampant](#) (Ages 0-5)
 - Foreign Languages
 - [Duolingo](#)
 - [Conjugomos](#)

- Social Studies/History
 - [PBS Learning Media](#) (All Grades)
 - [Khan Academy](#) (High School)
 - [Crash Course](#) (High School)
 - [Nat Geo Kids](#) (Grades 3-7)
 - [Google Earth](#) (Grades 4-8)
 - [Time for Kids](#) (Grades K-6)
- Science
 - [Science Printables](#) (Grades 6-8)
 - [Toca Boca](#) (Grades K-5)
 - [Khan Academy](#) (High School)
 - [ED Heads](#) (Grades 2-12)
 - [Periodic Videos](#) (High School)
 - [NASA Kids Club](#) (Grades K-4)
 - [NASA STEM Engage](#) (Grades K-12)
 - [Scratch Coding](#) (Grades 3-12)
 - [How Stuff Works](#) (Grades 6-12)
- Arts and Culture
 - [Mati & Dada](#), (Ages 3-9)
 - [Google Arts & Culture](#) (Grades 4-12)
 - [Museums Virtual Tours](#) (All Grades)
- Advanced Placement
 - [Khan Academy](#)
 - [APP Fiveable](#)
- **Georgia Public Libraries** - While your kids are out of school, you can keep them reading with eRead Kids, our digital collection of 15,000+ ebooks and audiobooks for kids. <https://georgialibraries.org/coronavirusupdate/>
- **Rivet** - With over 2,000 leveled books for kids in K – 2, quality reading practice has never been easier. The app features an engaging, kid-friendly interface and reading support on every page. <https://rivet.area120.com/>
- **Sightwords.com** - The Georgia Preschool Association sponsors resources to help teach your child to read. <https://sightwords.com/>
- **Words2Reading** - brings families, caregivers, and teachers the best resources in developing early language skills and reading readiness from birth to age 8. Grow your young reader through easy-to-follow videos, links, downloadable documents, e-books, and audio clips all available online. <https://words2reading.com/>
- **Háblame Bebé** - The Háblame Bebé app, available for both [IOS](#) and [android](#), supports Spanish-speaking parents in delivering abundant language nutrition to their infants and young children.
- **The OrganWise Guys** - Access a wide array of engaging activities such as coloring sheets, short videos, recipes, and more to get kids excited about healthy living. <https://shop.organwiseguys.com/march-kids/>
- **Storyline Online** - children’s literacy website streams videos featuring celebrated actors reading children’s books alongside creatively produced illustrations. <https://www.storylineonline.net/>
- **Scholastic Learn at Home** - special cross-curricular journeys. Every day includes four separate learning experiences, each built around a thrilling, meaningful story or video. Kids can do them on their own, with their families, or with their teachers. <https://classroommagazines.scholastic.com/support/learnathome.html>

- **Teaching Our World: The Coronavirus**—Scholastic created this collection to help you ease children’s fears and empower them with age-appropriate information. These teaching resources were carefully prepared to help your students understand what is being done to keep them safe and how to prevent germs from spreading. <https://classroommagazines.scholastic.com/support/coronavirus.html>
- **Coronavirus: Learning resources for kids home from school -** https://www.wsbtv.com/news/trending/coronavirus-learning-resources-kids-home-school/5TSTZSDKWNGV3HR4KF5YMVXQ34/?_website=cmg-tv-10010
- **Georgia attractions set up live streams for kids to enjoy at home and learn -** <https://www.wsbtv.com/news/local/georgia-attractions-set-up-live-streams-kids-enjoy-home-learn/2ZDDPWD3LJFNHID6CPHQZS2U7U/>

Additional Community Resources

- **Virtual Girl Scouts** - Monday - Friday, 4 p.m. and 7 p.m. - https://drive.google.com/open?id=1W4dKouWPzSQgkOUftwmBGGg_XxcTvqu
- **Amazon is Hiring** - <https://blog.aboutamazon.com/operations/amazon-opening-100000-new-roles>
- **AT&T** is offering 60 days of free public service and is lifting its unlimited data caps for cell phone subscribers for at least 60 days. They will not terminate the service (home phone, broadband or small business customer due to the inability to pay caused by the Coronavirus pandemic. If you are unable to pay your bill, AT&T asks that customers call 800-288-2020. <https://about.att.com/pages/COVID-19.html>
- **Comcast** - Offering free service through its Xfinity hotspots for 60 days. The access points are within some small businesses as well as public locations. Comcast said it will send all new Internet Essentials customers a free self-install kit that includes a cable modem with a Wi-Fi router, with no term contract or credit check and no shipping fee. <https://www.xfinity.com/prepare#wifi-optimization>
- **Spectrum** is offering free public access at each of its public hotspots and in accordance with government emergency regulations, will not cut service to residential or small business customers who are unable to pay for services. <https://mobile.spectrum.com/support/article/360040980371/coronavirus-covid19-update> In addition, Spectrum is offering free broadband to households with students affected by Coronavirus shutdown areas. View more information about Spectrum assist here. <https://www.spectrum.com/browse/content/spectrum-internet-assist.html> Charter will offer free Spectrum broadband and Wi-Fi access for 60 days to households with K-12 and/or college students — which do not already have a Spectrum broadband subscription — at any service level up to 100 megabits per second.
- **Sprint** is lifting its unlimited data caps for cell phone subscribers for a minimum of 60 days, perhaps longer. <https://newsroom.sprint.com/covid-19-updates-sprint-responds.htm?INTNAV=Search:covid-19>
- **T-Mobile** is lifting its unlimited data caps for cell phone subscribers for a minimum of 60 days. https://www.t-mobile.com/brand/ongoing-updates-covid-19?icid=MGPO_TMO_P_CUSTSUPT_K49SR0SE1EB2Z9F6E20091_HP#customers We are continuing to work with customers on a case-by-case basis to manage account issues. We do not have an offer available for 60 days of free service and encourage consumers to be cautious of social media posts that may include fraudulent numbers. https://www.t-mobile.com/news/t-mobile-update-on-covid-19-response?icid=MGPO_TMO_U_CUSTSUPT_Z2739VFSHS97O7KGF20085
- **Verizon** has announced they will not be charging late or disconnect fees for an indefinite amount of **North Georgia Community Foundation** is collecting money to help nonprofits in North Georgia who need help providing assistance to people affected by the coronavirus pandemic. The Coronavirus Relief Fund will be used to help local organizations that have faced increased demand for their services or lost revenue due to closures and cancellations. <https://www.ngcf.org/>
- **Level Up in our Community** - will provide lunches for children who are out of school due to coronavirus concerns. Families can drive up to the Veterans of Foreign Wars location in Gainesville beginning at 11 a.m. on Tuesday, choose from several boxed lunch options, then pull around to collect their food. *Families from*

surrounding communities are welcome to come. Request is that families use honesty and good judgement to take only what they need so there's enough to go around.

- **Georgia Food Bank Association** - served by one of Georgia's eight Feeding America affiliate Food Banks. Find yours here to donate or get help. <https://georgiafoodbankassociation.org/find-your-food-bank/>
- **Food Finder** - is a mobile app and website created by a Georgia high school graduate that helps students and families find free food assistance programs quickly. <https://foodfinder.us/>
- **United Way's 211** - is free, confidential information on services and referrals to programs aligned with the individual's specific needs. Available 24 hours a day, 365 days a year, in 140 different languages serving Banks, Barrow, Clarke, Elbert, Franklin, Greene, Hart, Jackson, Madison, Morgan, Newton, Oconee, Oglethorpe, Stephens, and Walton County. Dial 2-1-1 or <http://www.navigateresources.net/uwng/> or <http://www.211.org/services/covid19>
- **Wage Assistance** - <https://www.dol.gov/agencies/whd/pandemic>
- **U.S. Department of Labor announces New Guidance on Unemployment Insurance Flexibilities during COVID-19 Outbreak** - <https://www.dol.gov/newsroom/releases/eta/eta20200312-0>
- **Citibank**- They are waiving monthly service fees and penalties for early CD withdrawal for retail bank customers. They are also providing fee waivers on monthly service fees, remote deposit capture, and penalties for early CD withdrawal. They also have assistance programs for eligible credit card customers including credit line increases and collection forbearance programs and for eligible Mortgage Customers. <https://online.citi.com/US/JRS/pands/detail.do?ID=covid19>
- **PNC Bank**- prepared to offer assistance, as needed, to impacted customers through a range of measures." They are urging customers to call them at 1-888-762-2265 (7 a.m. - 10 p.m. ET Monday - Friday; 8 a.m. - 5 p.m. ET Saturday & Sunday). <https://www.pnc.com/en/customer-service/update-center.html?lnksrc=homepage-alert>
- **Wells Fargo** - will help customers experiencing financial hardships as a result of COVID-19: "If in need of assistance, we encourage customers to call us at 1-800-219-9739 to speak with a trained specialist to discuss options available for their consumer lending, small business and deposit products." <https://www.wellsfargo.com/jump/enterprise/coronavirus-response>
- **Giving Kitchen** - provides support to food service workers with compassion and care by providing financial assistance to those in crisis due to an unexpected illness, injury, death of an immediate family member or housing disaster in Georgia. - <https://thegivingkitchen.org/covid19>
- **Atlanta Food Bank** - Find a food pantry near you. <https://acfb.org/local-impact-map>