

RESOURCES

CRISIS PHONE NUMBERS:

- **Project Sanctuary** Inland (707) 463-4357, Coastal (707) 964-4357
- **National Domestic Violence Hotline** (24/7) – Call (800) 799-7233
- <https://drbrighten.com/quarantined-with-an-abuser-6-ways-to-stay-safe/>
- **National Suicide Prevention Lifeline** (24/7) – Call 800-273-8255; Text chatsupport
- **Mendocino County Crisis** (24/7) (855) 838-0404
- **Crisis Text Line NAMI** (24/7) Text 741-741
- **National Sexual Assault Hotline** (24/7) – Call (800) 656-4673
- **National Parent Helpline** (Monday through Friday 10:00 am – 7:00 pm) (855) 427-2736
- **Free Nicotine Patches** (800) NO-BUTTS <https://www.nobutts.org/>
- **Online AA/NA/OA/AlAnon Meetings:**
https://www.aa.org/pages/en_US/options-for-meeting-online
<https://virtual-na.org/>
<https://oa.org/find-a-meeting/?type=1>
<https://al-anon.org/al-anon-meetings/electronic-meetings/>

LOCAL RESOURCES FOR CONNECTION, EMOTIONAL SUPPORT & COMPASSION:

- **Mendocino County Behavioral Health Warm Line** 707-472-2311
- **Mendocino County Warm Line** (833) 955-2510 M-F 7:30 am to 6:00 pm
- **Call to Connect**
 - Through Avenues to Wellness Program Howard Foundation
Contact: Suzanne Picetti-Johnson (707) 367-5078 or bluesky@pacific.net
After a brief orientation, Suzanne will match you with a CTC “buddy” to listen
- **Friendship Line California (For Older Californians)** (888) 670-1360
- **FOR COUNSELING LOCALLY: Redwood Quality Management Company (RCS, Youth Project, Tapestry)**
 - <https://www.rqmc.org/referral>
 - (707) 472-0350
 - 350 E. Gobbi Street, Ukiah

LOCAL RESOURCES FOR COVID QUESTIONS:

- **Mendocino County Covid-19 Call Center** (707) 234-6052 or callcenter@mendocinocounty.org
- **AH Advice Line for Coronavirus** (844) 542-8840 M-F 7a – 7p.

AH ED Ukiah (707) 463-7330 – If you are concerned you may have Covid, please call ahead before being seen
AH ED Willits (707) 459-6801 – If you are concerned you may have Covid, please call ahead before being seen
Round Valley Indian Health Center (707) 983-6181 main line, Triage Nurse (707) 983-6181 x 142

ONE WAY TO HELP MANAGE AN ANXIETY ATTACK:

Use your senses to list things you notice around you.

5 things you hear

4 things you see

3 things you can touch

2 things you can smell

1 thing you can taste

GROUNDING: <https://www.healthline.com/health/grounding-techniques#bonus-tips>

ACCURATE CORONAVIRUS INFORMATION FOR KIDS:

- AAP (HealthyChildren.org) on COVID19
 - <https://www.healthychildren.org/English/health-issues/conditions/chest-lungs/Pages/2019-Novel-Coronavirus.aspx>
- CDC.GOV
 - www.cdc.gov/coronavirus/2019-ncov
 - https://www.cdc.gov/coronavirus/2019-ncov/prepare/children.html?deliveryName=USCDC_2067-DM23558
- Coronavirus – A Book for Children By: Axel Scheffler
 - <https://axelscheffler.com/books-for-older-children/coronavirus>

MENTAL HEALTH RESOURCES:

- NAMI (Coping with COVID19)
 - <https://www.nami.org/Blogs/NAMI-Blog/March-2020/How-to-Ease-Children-s-Anxiety-About-COVID-19>
 - <https://www.nami.org/Blogs/NAMI-Blog/March-2020/Coronavirus-Mental-Health-Coping-Strategies>
- ACE's Aware: Stress Relief Playbooks
 - <https://www.acesaware.org/>
- Words to Calm a Child
 - <https://instituteofchildpsychology.com>
- Child Mind Institute – For help managing mental health diagnoses
 - <https://childmind.org/>
- Support for Kids with ADHD
 - <https://childmind.org/article/giving-kids-with-adhd-support-and-structure-during-the-coronavirus-crisis/>
- AAP (HealthyChildren.org) on COVID19 – Talking to kids about Tragedies
 - <https://www.healthychildren.org/English/family-life/Media/Pages/Talking-To-Children-About-Tragedies-and-Other-News-Events.aspx>
- How to Help Teens Shelter in Place
 - https://greatergood.berkeley.edu/article/item/how_to_help_teens_shelter_in_place#.XneGlrPhli8.facebook
- California Covid Response Stress Management Tips for Kids & Adults
 - <https://covid19.ca.gov/manage-stress-for-health/#top>

HOMESCHOOL RESOURCES:

- AAP (HealthyChildren.org) Working & Learning From Home
 - <https://www.healthychildren.org/English/health-issues/conditions/chest-lungs/Pages/Working-and-Learning-from-Home-During-the-COVID-19-Outbreak.aspx>
- Edutopia:
 - <https://www.edutopia.org/article/why-learning-home-should-more-self-directed-and-less-structured>
 - <https://www.edutopia.org/article/7-ways-maintain-relationships-during-your-school-closure>
- Children Now (Information on mandates & Advocacy)
 - <https://www.childrennow.org/blog/covid-19/>
- Education Companies Offering Free Subscriptions Due to School Closures
 - <https://kidsactivitiesblog.com/135609/list-of-education-companies-offering-free-subscriptions/>
- Family Resources for Remote Learning by Age Group
 - <https://childmind.org/guide/family-resources-for-remote-learning/>
- ABC Mouse (Learning Games for Age 2-8yo)
 - https://www.abcmouse.com/landing/brand:bing?utm_campaignid=70844790&utm_adgroupid=1054858389&utm_targetid=kwd-27201328946:loc-190&utm_matchtype=e&utm_network=o&utm_device=c&utm_devicemodel=&utm_notmobile=string&utm_searchstring=string&utm_nativestring=&utm_productad=&utm_creativeid=83494165329978&utm

- Mendocino County / HHS (News, Resources, MediCal and CalFresh/EBT Enrollment)
 - <https://www.mendocinocounty.org/community/novel-coronavirus>
- North Coast Opportunities (NCO) (Community Support)
 - <https://www.ncoinc.org/>
- Mendocino Mask Makers FB Group (A group for if you're making masks or needing them)
 - <https://www.facebook.com/groups/726774797726939/>
- MendoLake Complex Fire Relief (resources for people affected by the fires)
 - Danilla Sands at danilla3comet@yahoo.com (707) 489-3970, 8465 East Road, Redwood Valley, Ca 95470
- Breastfeeding Support Nicole at BreastStart (855) 855-6455
 - <http://breaststart.org/>
- Guide for Immigrant Californians
 - <https://covid19.ca.gov/guide-immigrant-californians/>

FOOD RESOURCES:

- CalFresh Online Delivery Program
 - Beginning April 28th, CalFresh recipients will be able to purchase food delivery online through Amazon and Walmart. There may be a delivery fee that will not be paid by CalFresh benefits.
- Ukiah Farmer's Market (food access)
 - <http://www.mcfarm.org/ukiah.html>
- Live Power Community Farm (Food Access)
 - <http://www.livepower.org/>
- Mendo Lake Food Hub (Food Access)
 - <https://mendolakefoodhub.org/>
- NCO Gardens Project (Food Access)
 - <https://www.facebook.com/ncogardensproject/>
- Ukiah Unified School District – Daily meal deliveries @ bus stops
 - <https://www.facebook.com/ukiahunifiedschooldistrict/>
- Willits School District – Daily meal deliveries @ bus stops
- Fort Bragg School District – twice weekly meal deliveries @ bus stops (providing 3 days of food)

TOOLKITS:

For Little Kids: <https://sesamestreetincommunities.org/topics/health-emergencies/>

For Teens: <https://www.stressedteens.com/>

Parenting Resources: <https://www.triplep-parenting.com/us/triple-p/?cidsid=4qt7g6r6hg3s7hgchlhf9kudj0>

SCREENING TOOLS:

Depression Screen: <https://www.mdcalc.com/phq-9-patient-health-questionnaire-9>

Anxiety Screen: <https://www.mdcalc.com/gad-7-general-anxiety-disorder-7>

Anxiety Screen for little kids - SCARED:

https://www.pediatricbipolar.pitt.edu/sites/default/files/SCAREDParentVersion_1.19.18_0.pdf

ADDITIONAL RESOURCES FOR COPING:

- <https://www.nami.org/Blogs/NAMI-Blog/March-2020/How-to-Ease-Children-s-Anxiety-About-COVID-19>
- <https://www.nami.org/Blogs/NAMI-Blog/March-2020/Coronavirus-Mental-Health-Coping-Strategies>
- https://higherlogicdownload.s3.amazonaws.com/NASN/3870c72d-fff9-4ed7-833f-215de278d256/UploadedImages/PDFs/02292020_NASP_NASN_COVID-19_parent_handout.pdf
- <https://www.acesaware.org/wp-content/uploads/2020/03/ACEs-Aware-Stress-Management-Resource-List.pdf>

FACEBOOK/INSTAGRAM TO FOLLOW FOR MENTAL HEALTH SUPPORT:

Are you Ok?

Namicommunicate

The Big Life Journal

APPS FOR ANXIETY AND PANIC ATTACKS:

Anxietyhelper

Calm

Headspace

Insight Timer

Stop, Breathe & Think Kids

Oak

Inner Balance Heartmath HRV

5-Minute Breathing Meditation

7Cups

Acupressure: Heal Yourself

The Tapping Solution

MINDFULNESS/RESILIENCE JOURNALS:

<https://biglifejournal.com/>

<https://theimagineproject.org/the-7-step-journals/>

KEY POINTS TO REMEMBER:

Limit Media

Have a Routine

Good Sleep Hygiene

Good Nutrition

Keep up your Vitamin C, Vitamin D, & Zinc

Limit Sugar

Exercise

Sunshine

Play

Adventist Health Ukiah Valley Pediatrics

707-463-7459

Open M-F 8am-5pm, Saturdays 9am-1pm

Clinician On-Call for Simple Questions After Hours:

Call the main office line and press 1 to connect to the Answering Service

A Clinician will call you back as soon as they can.

Self Regulation Strategies:

Model calm behavior
Model self-regulation
Use positive self-talk
Get on their level
The louder they get, the quieter you get
Ask "what would help you right now?"
Say "I understand how you feel"
Set up opportunities for success
Use positive reinforcement
Talk about something they like
Complement when they're doing something right
Ask them to help you with something they're good at
Identify your emotions
Write your feelings down
Tell someone how you're feeling
Ask for help
Use the online resources available
Text with somebody to talk about your feelings
Talk about feelings and the size of the problem
Use the feelings check in sheet
Remove the audience
Have a consistent daily routine
Talk about transitions ahead of time
Have a bedtime routine
Offer a break
Stop talking or making demands
Take deep breaths
Use a free mindfulness APP to regulate your breathing
Lay down to rest
Offer choices
Offer solutions
Have a reward system for positive behavior
Remove triggers
Offer to do the task together
Help someone else
Create something to cheer someone else up
Have a visual schedule
Use first-then statements
Use a timer
Do a movement break
Offer a snack or a drink
Sit and drink together
Read a story out loud
Read a book to yourself
Create a story
Close your eyes and think about your favorite place
Asked them to draw you a picture
Go for a walk
Do some yoga

Play music
Impromptu dance party
Sing your favorite song
Tell jokes
Make funny faces into the mirror
Call a friend
Hold their hand
Give a hug
Hug your favorite stuffed animal
Spend time with your pet
Rock them calmly
Snuggle with your favorite blanket or stuffy
Mindfulness games
Count backwards from 10
Weighted lap pad or weighted blanket
Sensory bins
Squeeze a stress ball
Rip up paper
Scream into a pillow
Play with Play-Doh or Clay or Kinetic Sand
Build with Legos
String beads on pipe cleaners
Make and watch a calm down bottle
Bounce a ball
Do 10 jumping jacks
Blow bubbles
Paint
Doodle
Journal
Make lists of the things that you love
Watch funny videos
Chew a piece of gum
Use a fidget toy
Watch the clouds