

# Compiled List of Resources for Families and Youth

## During COVID-19

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1. Supporting Families During COVID-19 - [www.Childmind.org](http://www.Childmind.org)  
Resources include how to support kids with the Coronavirus crisis, managing anxiety, and discipline and behavior.  
<https://childmind.org/coping-during-covid-19-resources-for-parents/>  
How Mindfulness can help  
<https://childmind.org/article/how-mindfulness-can-help-during-covid-19/>  
DAILY FACEBOOK LIVE with child psychologists, Monday – Friday 10am and 4:30pm  
<https://www.facebook.com/ChildMindInstitute/>



2.  **Erika's Lighthouse** Great resources for teens, parents, and educators:  
We create middle school and high school teen depression awareness programs so educators and teens can create safe spaces to learn about depression, letting students know they are never alone, and there is somewhere to turn.  
[www.ErikasLighthouse.org/Together](http://www.ErikasLighthouse.org/Together)

3. **Child Trends** - is the nation's leading research organization focused exclusively on improving the lives of children and youth, especially those who are most vulnerable. Resources for Supporting Children's Emotional Well-being during the COVID-19 Pandemic <https://www.childtrends.org/>

4.  **SAMHSA**  
Substance Abuse and Mental Health Services Administration  
Tips for Social Distancing, Quarantine, and Isolation  
<https://www.samhsa.gov/sites/default/files/tips-social-distancing-quarantine-isolation-031620.pdf>  
Coping with Stress during Infectious Disease Outbreaks -  
<https://store.samhsa.gov/sites/default/files/d7/priv/sma14-4885.pdf>

5. MHA is a community-based nonprofit dedicated to addressing the needs of those living with mental illness and to promoting the overall mental health of all Americans.  
<https://mhanational.org/covid19> <https://mhanational.org/>



6.  **KENTUCKY VOICES FOR HEALTH** The public assistance programs available to help Kentuckians weather this recession. This incorporates all the recent policy changes made through executive order and emergency regulations that consumers need to know.  
[HELP FOR KENTUCKIANS DURING COVID-19](#)  
Here is a comprehensive set of FAQs about COVID-19.  
[WHAT KENTUCKIANS NEED TO KNOW ABOUT COVID-19](#)

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### Recovery

1. Join a virtual recovery meeting or send recovery resources to someone who might need them. <https://www.shatterproof.org/blog/how-find-virtual-recovery-meeting>
2. **(SAMHSA)** The Substance Abuse and Mental Health Services Administration is the agency within the U.S. Department of Health and Human Services that leads public health efforts to advance the behavioral health of the nation.  
<https://www.samhsa.gov/sites/default/files/virtual-recovery-resources.pdf>

### Education & Learning

- PBS Kids Apps <https://pbskids.org/apps/filter/app/>
- PBS Kids Daily Newsletter <https://www.pbs.org/parents/pbskidsdaily?source=email>

[KET.org/learnathome](https://www.ket.org/learnathome)

K-12 students and educators have free access to an online portal of educational resources that can support learning and lessons at home. The material, aligned to state standards, is flexible and can serve as both supplemental and fundamental, based on need. Lesson plans and curriculum materials related to the PBS content are available to parents and teachers. Registration is not required.

- **[KET's PBS LearningMedia](#)** This repository of thousands of classroom-ready resources aligned to state standards is a powerful educational resource that supports learning. Teachers and parents can search resources by grade level, subject area, keyword and standard. Content includes videos, games, lesson plans and supplemental materials. Content contributors include KET, PBS, PBS KIDS, NASA, the National Archives, the Library of Congress and more.
- **[PreK-third grade collection](#)** features learning resources from PBS KIDS 24/7 KET PBS KIDS channel can be a great option for younger students when reliable internet access may be an issue. PBS KIDS series, online and apps are aligned to curriculum areas and specific learning.
- **[Grades 4-8](#) and [9-12](#) include information and digital resources from PBS** Video clips and activities available by grade level and subject area.
- SUPPORTING STUDENTS WITH ASD AT HOME DURING COVID-19  
<https://sites.google.com/view/studentswithasathome/academic-resources>

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### Trusted News Sites

- This site has information for how to prepare and protect yourself and what to do if you think you are sick. [www.coronavirus.gov](http://www.coronavirus.gov)
- Centers for Disease Control and Prevention - [https://www.cdc.gov/CDC Mental Health and Coping during COVID-19](https://www.cdc.gov/CDC-Mental-Health-and-Coping-during-COVID-19)
- Check out Kentucky's official COVID-19 website: [www.kycovid19.ky.gov](http://www.kycovid19.ky.gov)
- Tune in to Governor Beshear's daily briefings at 5pm ET for updates. Watch on: o KET: online at [www.ket.org](http://www.ket.org) or on TV at KET1
- Facebook: [www.facebook.com/GovAndyBeshear](https://www.facebook.com/GovAndyBeshear)
- Twitter: <https://twitter.com/GovAndyBeshear>
- YouTube: <https://www.youtube.com/channel/UChRbM-FLeKV4tKUwIMf6XNg>