

## *Mission Possible: Parenting in the Age of Pandemic* – RESOURCES

Dial **911** if you have a true **EMERGENCY**

### **Coronavirus Resources:**

CDC.gov

Coronavirus Myth Busters: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/myth-busters>

### **Mental Health Resources:**

For Stress and Coping: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>

For anxiety: virusanxiety.com

How to deal with fear and anxiety: <https://www.newsweek.com/coronavirus-cdc-mental-health-anxiety-stress-advice-1495334>

Disaster Distress Hotline:

1-800-985-5990 & TTY 1-800-846-8517

National Domestic Hotline:

1-800-799-7233

SAMHSA.gov (Substance Abuse and Mental Health)

### **For Teenagers:**

Article: 4 Lessons I Hope My Teens Will Learn from Coronavirus Quarantine

[https://yourteenmag.com/coronavirus/positive-lessons-from-quarantine?mc\\_cid=61b08b9d66&mc\\_eid=1671dc2c19](https://yourteenmag.com/coronavirus/positive-lessons-from-quarantine?mc_cid=61b08b9d66&mc_eid=1671dc2c19)

Article: OK, Teens: What's Your (Coronavirus) Plan?

<https://www.bayarearent.com/Article/OK-Teens-Whats-Your-Coronavirus-Plan/>

### **Searching for Emergency Resources?**

Oakland Schools has pulled together some emergency resources for families in Oakland County. Feel free to check it out: <https://tinyurl.com/OSResourcesforDist-Stud>