COVID-19 Coping & Resources

* • **Focus on facts vs. feelings & fears** (Feelings & fears can mislead you, so act on the facts.)
* • **Prepare and protect, versus panic. Know you have resources that can help. Contact the school counselor near-by.**
* • **Self-regulate, Self-soothe, and maintain Self-care!**
* • **Serve with patience, empathy, and flexibility.**
* • **Establish and maintain new boundaries.**
* • **Avoid negative mindset and practice an attitude of gratitude!**
* • **Reframe your thoughts** (Ex: I “get to” go to work and help others, versus I “have to” go to work. I “get to” stay at home to flatten the curve, versus “I “have to” stay at home.)

**Mental Health & Counseling Resources**

* • *Mosaics of Mercy* can help direct and connect those in need to local mental health agencies, based on specific needs, in Montgomery County. <https://mosaicsofmercy.com/resources/>
* Tri-County Behavioral Health – [www.tcbhc.org](http://www.tcbhc.org)
* Yes to Youth- <https://sayyestoyouth.org/>
* • Mental Health Tips for Coping from CDC <https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>
* • Coping <https://www.goodtherapy.org/blog/how-to-cope-with-the-mental-health-impacts-of-covid-19-0314207>
* • Online Mental Health Support Groups <https://www.mhanational.org/find-support-groups>
* • Online Depression & Bipolar Support Groups <https://www.dbsalliance.org/support/chapters-and-support-groups/online-support-groups/> or National Alliance on Mental Health(NAMI) <https://namitexas.org>
* https://hhs.texas.gov/about-hhs/communications-events/news/2020/03/hhs-launches-statewide-covid-19-mental-health-support-line

**COVID-19**

* • CDC COVID-19 Fact Sheet <https://www.cdc.gov/coronavirus/2019-ncov/about/share-facts-h.pdf>
* • CDC- <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
* • Interim Guidance For EMS <https://www.iaff.org/wp-content/uploads/Coronavirus-Memo-V3.pdf>

**First Responder Information**

* • COVID-19 Info For First Responders <https://dshs.texas.gov/coronavirus/ems.aspx>

**Veteran Information**

* • Housing Locator & Info [**https://veterans.house.gov/covid-19**](https://veterans.house.gov/covid-19)
* • Multiple Resources <https://www.blogs.va.gov/VAntage/72856/veterans-multiple-resources-covid-19-information/>

**Workplace**

* • OSHA <https://www.osha.gov/Publications/OSHA3990.pdf>
* • Workplace Tips <https://www.uschamber.com/sites/default/files/coronavirus_workplace_tips_for_employees_031620.pdf>

**Social**

* • Online Socialization Ideas <https://www.delawareonline.com/story/life/2020/03/18/how-you-can-still-socialize-your-friends-during-covid-19/5069237002/>

**Physical**

* • Ideas to keep kids/families active during social distancing <https://www.rei.com/blog/fitness/ideas-for-keeping-kids-active-when-home>

**Online Educational Resources for families**

* • School work by grade level and suggested homeschool schedules <https://www.khanacademy.org/>
* • Virtual tours & boredom busting resources-https://chatterpack.net/blogs/blog/list-of-online-resources-for-anyone-who-is-isolated-at-home?fbclid=IwAR3AfTtssooCNt8E7S5bCVxagrAcZ-pX6gLPSBmddfSVWUIMg0UhjzYjvFs
* • Conroe ISD educational resources by grade level <https://sites.google.com/conroeisd.net/parent-instructional-resources>

**Small Business**

* • Multiple resources for small businesses <https://www.sba.gov/page/coronavirus-covid-19-small-business-guidance-loan-resources>
* • Estimated economic injury form PDF <https://cms.revize.com/revize/montgomerycountytx/Economic%20Injury%20Worksheet%20-%20051410.pdf>
* • Montgomery County Site <https://www.mctx.org/public_notices/corona_virus_information.php>
* • Setting up Google Voice <https://voice.google.com/u/0/about>
* • How to use ZOOM <https://www.businessinsider.com/how-to-use-zoom>

**Financial Assistance Information**

* • Child Support <https://www.texasattorneygeneral.gov/child-support/covid19>
* • Housing <https://www.hud.gov/coronavirus>
* • Unemployment <https://twc.texas.gov/news/unemployment-news>
* • United Way <https://www.unitedwayhouston.org/montgomery>

**Local Food Banks**

* • Montgomery County Food Bank <https://mcfoodbank.org/>
* • Interfaith of The Woodlands- <https://woodlandsinterfaith.org/>