

Mental Health Resources

Online Resources from www.childmind.org
<https://www.facebook.com/ChildMindInstitute/>

- For Parents and Children:
<https://childmind.org/article/supporting-kids-during-the-covid-19-crisis/>
<https://childmind.org/coping-during-covid-19-resources-for-parents/>
- Upper Elementary and Middle/High School (Preteen and Teen) -
<https://childmind.org/article/supporting-teenagers-and-young-adults-during-the-coronavirus-crisis/>

Mental Health Resources

Find a therapist:

Contact your health insurance or search for a therapist at:

<https://www.psychologytoday.com/us/therapists>

What is an EAP?

<http://workplacementalhealth.org/Mental-Health-Topics/Employee-Assistance-Programs>

Hotlines for 24/7 Crisis Counseling and Support:

- [Hope4NC Helpline](https://www.hope4nc.org/) – 1-855-587-3463
- [SAMHSA Disaster Distress Hotline](https://www.samhsa.gov/247) – 1-800-985-5990