

This document provides resources for many of the concerns that may be facing your students and families during this COVID19 crisis.

HEALTH	
<p>Is anyone in your household experiencing health related issues (COVID19 or otherwise)?</p>	<p>Center for Disease Control What to do if you are sick</p> <p>Lapeer County Health Department</p>
<p>Is your household coping with the loss of a family member?</p>	<p>Grief and Loss Resources</p> <p>Supporting Grieving Children and Teens</p> <p>Toolkit: Responding to Change & Loss In Support of Children, Teens, and Families</p>
<p>Do you need help talking to kids about the COVID19?</p>	<p>Talking to kids about the Coronavirus</p> <p>Lego Social Story about Coronavirus</p> <p>Coronavirus Social Social (for students with Autism)</p> <p>Helping Children Cope With Changes Resulting From COVID-19</p>
<p>Is anyone in your home in need of mental health supports?</p>	<p>If you or someone you care about are feeling overwhelmed with emotions, like sadness, depression, or anxiety, or feel like you want to harm yourself or others:</p> <ul style="list-style-type: none"> ● Call 911 ● Disaster Distress Helpline FREE 24/7 counseling & Support 1-800-985-5990 or text TalkWithUs to 66746 ● National Suicide Prevention Lifeline 1-800-273-8255 or text MHFA to 741741 to talk to a Crisis Text Line Counselor ● National Domestic Violence Hotline call 1-800-799-7233 and TTY 1-800-787-3224 <p>Parent and student social-emotional supports folder of resources</p> <p>Anxiety Workbook for teens</p> <p>Mental Health and Coping During COVID-19</p> <p>Tips for Supporting Student Wellness at Home During COVID-19</p> <p>Self-Care, Mindfulness and Social and Emotional Learning (SEL) for teachers and parents</p>

Is anyone in your household struggling with stress or anxiety?	Mindfulness resource Mind Yeti for Children We're here for you Smiling Mind
Do you need help supporting a student with Autism?	Coronavirus Social Social Online toolkit for those supporting individuals with autism during COVID-19 epidemic
Family Situation	
Are you, or other family members in your household, working remotely while also providing care for your children?	Essential Worker Childcare in Lapeer County if available centers needed Or contact Rebecca Robertson robertson@lapeerisd.org or call (810) 245-3963
Food	
Is your family in need of food assistance?	Lapeer County Collaborative Food Program Community Food Program (not School)
If yes, are you able to drive to access food assistance?	GLTA is offering to deliver food if needed (810) 664-4566 For school-age children, contact the building principal
Financial	
Is your household experiencing financial difficulty as a result of COVID 19?	Lapeer County Assistance Program Community Agency Directory Michigan 211 by phone at 2-1-1 or online at https://www.mi211.org Provides information and resources on help with utilities, food, shelter, prescription expense assistance, free tax preparation and more.
Is your family in need of internet assistance?	Internet Essentials from Comcast AT&T reduced and free internet Free WIFI outside of all Lapeer District Libraries. Password posted on the Door.