

Topic	Resource Title	website
Coping with stress during infectious disease outbreak		https://store.samhsa.gov/product/Coping-with-Stress_During-Infectious-Disease-Outbreaks/sma14-4885
Referrals for Mental Health or Substance Abuse Treatment	SAMHSA's National Helpline PHONE: 1-800-662-4357	https://www.samhsa.gov/find-help/national-helpline
Substance Abuse Treatment	Monroe County Treatment providers	https://ncadd-ra.org/wp-content/uploads/2020/01/MC-OASAS-Certified-Treatment-Provider-Referral-Directory-January-2020.pdf
Phone & Online 12 step programs	Recovery Services with Phone or Online mtgs	https://ncadd-ra.org/wp-content/uploads/2019/02/12-Step-Programs-Directory-2019-January.pdf
MH Emergency Support	Mobile Crisis Support: PHONE: 1-585-529-3721	https://www.urmc.rochester.edu/mental-health-wellness/emergency-services/monroe-mobile-crises-team.aspx
National Suicide Prevention Lifeline	National Suicide Prevention Hotline PHONE: 1-800-273-8255	https://suicidepreventionlifeline.org/
Therapist locator	Psychology Today	https://www.psychologytoday.com/us
Free Social/Emotional Resources	Free Social/Emotional Learning Resources	https://www.thepathway2success.com/free-social-emotional-learning-resources/
Mental Health	Mental and Behavioral Resources	https://kidsthive585.org/teens/mental-behavioral-health/
Social/Emotional Resources	Plant Love Grow	http://www.plantlovegrow.com/vision--self-knowledge.html
Self-care for mental health professionals	same, from NASP	https://www.nasponline.org/resources-and-publications/resources-and-podcasts/mental-health/self-care-for-school-psychologists
Mental Health topics w/resources, worksheets, guides	Therapist Aid	https://www.therapistaid.com/therapy-worksheet/self-esteem-sentence-completion/self-esteem/children
Talking with Children about COVID 19	Talking with Children about COVID 19, A Parent Resource	https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource
Building Resiliency	Helping Children Learn to Weather Tough Times	https://www.nasponline.org/resources-and-publications/resources-and-podcasts/mental-health/prevention-and-wellness-promotion/building-resiliency-helping-children-learn-to-weather-tough-times