

COVID-19 resources

Virus Education: Understanding how it spreads/how to protect yourself/Updates

CDC: Keeping your home clean/disinfected: <https://www.cdc.gov/coronavirus/2019-ncov/prepare/protect-home.html>

PA Department of Health Updates:
<https://www.health.pa.gov/topics/disease/coronavirus/Pages/Coronavirus.aspx>

Resources for parents in supporting their children:

<https://www.healthychildren.org/English/healthy-living/emotional-wellness/Pages/Responding-to-Childrens-Emotional-Needs-During-Times-of-Crisis.aspx>

[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](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)

<https://kidshealth.org/en/parents/coronavirus-how-talk-child.html>

<https://www.facebook.com/healingpatchbyhomenursingagency/?ref=bookmarks>

<https://www.today.com/parents/how-homeschool-during-coronavirus-crisis-t176020>

Children's mental health activity book: <https://files.constantcontact.com/fa3e9a0a001/3aa8e7d9-e325-4cbb-8a84-6b4e1057851e.pdf>

Magellan Health RESOURCES

Magellan Health Blog for numerous suggestions on managing health/home during COVID-19:
<https://magellanhealthinsights.com/>

Magellan Health COVID-19 Resources page (videos, tips, links):
<https://www.magellanhealthcare.com/covid-19-2/covid-19/>

Additional Magellan links:

- [10 pandemic coping tips for adults](#)
- [Financial resilience during the COVID-19 pandemic](#)

FREE Virtual Recovery Meetings

Additional Virtual Recovery Meetings: https://unityrecovery.org/digital-recovery-meetings?mkt_tok=eyJpIjoiTm90YU9HRXQVdSaSInQioiJoSmtJT0QyU2pNeWZBczRcL2VWXC9Xc28xUXg2bnFuYW1FczlOc29mNWx5RFRIRQTNUOEJydFdqSE4zTUJKR0hyak1UU1I5UVNBOUIDS3RvZXZNRo3V1NlclRhTG5iR0FUVUhDdUh1SnIrdFBZTjBMdHpZekg1dytIbHhmenp6VWQ3In0%3D

Virtual Recovery Meetings: <https://www.magellanhealthcare.com/covid-19-2/covid-19/recovery/>

FREE APPS

Free CONNECTIONS Recovery App: <https://www.addictionpolicy.org/connections-app>

Apps for staying connected: We have so many options at our disposal (Facebook, Twitter, Instagram, Skype, Google Duo, What's App, LinkedIn, Tumblr, Snapchat, Tiktok, Viber, Foursquare, etc.

Recovery Library for CCBH counties: <https://members.ccbh.com/health-topics/resources/recovery-library>

Magellan FREE RESTORE Sleep app: <https://www.magellanhealthcare.com/restore/>

Facebook Group for ALL Peerstar staff:

https://www.facebook.com/groups/634183187420158/?source_id=155244821205085

Tips/Resources for Maintaining Mental health/Working with others during COVID-19:

Guided Meditation Scripts:

<https://wholeperson.com/pdf/30-Scripts-1.pdf>

<https://wholeperson.com/pdf/30-Scripts-2.pdf>

Temple University: Staying Connected while physically apart: <http://www.tucollaborative.org/keeping-connected-while-staying-apart/>

<https://selfadvocacyinfo.org/wp-content/uploads/2020/03/Plain-Language-Tips-For-Working-With-Support-Staff-During-COVID-19-March-30-2020.pdf>

<https://www.ourmidland.com/opinion/voices/article/Community-Connections-How-coronavirus-affects-15139706.php>

<https://www.youtube.com/watch?v=V7Yl-BesvDw>

<https://afsp.org/taking-care-of-your-mental-health-in-the-face-of-uncertainty/?fbclid=IwAR3UmdA3Is4GQWNnsoiDWWmic7bssdQHgKbVNeXellmbm7VT4AEMufLMA4>

<http://www.sprc.org/news/resources-support-mental-health-coping-coronavirus-covid-19>

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

<https://www.stress.org/using-technology-to-mind-your-mental-health-during-covid-19-epidemic>

<http://www.sprc.org/news/resources-support-mental-health-coping-coronavirus-covid-19>

Pennsylvania Warm Line: Warm line number: 1-855-284-2494

<https://ccrinfo.org/support-and-referral-line/>