



COVID-19 Family Support and Resources

Dear MTCS Families,

We know what a sensitive and unprecedented time we are living in, and see some of the effects of the pandemic and social justice movement in our neighborhoods and community. We realize that this has been a challenging time for everyone. We want to offer support to our families to help hold this heavy time just a bit lighter. We put together some resources for families to use during this time to help support their children of all ages at home. We wish you much health and peace as we walk through this journey together.

COVID-19 Resources

[Coronavirus \(COVID-19\) Resources for Families](#)

[Disaster Relief: Financial Assistance](#)

[Child Care Providers](#) MN From MN.gov

[Helping Children Cope - COVID-19](#)

[Behavior Support at Home During Covid-19](#)

[Tips to Reduce COVID-19 Anxiety](#)

[Minnesota Children's Cabinet](#)

[MN Caring for Communities](#)

Equity and Cultural Responsiveness

[The Conscious Kid](#)

[Social Justice Resources](#)

[Talking to Kids About George Floyd](#)

[Helping Youth after Community Trauma](#)

[Speaking Up About Racism and the Pandemic](#)

[Anti-Racist Support for Adults](#)

[Anti-Racist Resources for Parents](#)

[Anti-Racist Resources](#)

Distance Learning Support

[Distance Learning Expectations Matrix Sample](#)

[Establishing routines during distance learning](#): From Edutopia

[A great article on the science of rituals](#) and why they can help from Scientific American

[Temporary strategies for reducing problem behavior in the home](#)

[Technology Tips for Families](#)

Social Emotional Learning at Home

[COVID-19 SEL Resources for Families](#)

[Parenting During COVID-19](#): University of MN

[Surprise! We're Learning Social-Emotional Skills from Home!](#)

[Social emotional learning support for parents and caregivers](#): From CASEL

[Remote learning SEL support](#): from Move This World

[Mental Health Support for Students](#)

[Struggling with anxiety and depression?](#): Great suggestions from Child Mind Institute

Disability and Special Needs Resources

[Family Voices](#)

[National Alliance on Mental Illness Minnesota](#)

[Disability Hub](#)

[PACER](#)

[ARC MN](#)

Stress Reducing Resources

[CDC Managing Anxiety and Stress](#)

[Behavioral Health](#)

[Kid Power](#)

Crisis Hotlines

- Substance Abuse and Mental Health Services Administration's Disaster Distress Helpline
1-800-985-5990 (English and español)
 - o TTY: 1-800-846-8517
 - o Text: TalkWithUs to 66746 SMS (español): "Hablanos" al 66746
 - o Disaster Distress Hotline (<https://www.samhsa.gov/find-help/disaster-distress-helpline>)

- National Suicide Prevention Hotline: 1-800-273-TALK (8255)

- Crisis Text Line Text "MN" to 741741

- Minnesota Mobile Mental Health Crisis Line Call: **CRISIS (**274747). For landlines, see the directory for mental health crisis phone numbers in Minnesota by county.