

| Category                                    | Topics                                | Resources   |
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| <b>COVID-19</b>                             | General Family and Educator Resources | <a href="#">Care for Caregivers: Tips for Families and Educators</a><br><a href="https://www.ed.gov/coronavirus">https://www.ed.gov/coronavirus</a><br><a href="https://www.mass.gov/news/berkshire-district-attorneys-office-covid-19-resource-guide">https://www.mass.gov/news/berkshire-district-attorneys-office-covid-19-resource-guide</a><br><a href="http://www.starstoolkit.org/helpful-documents">http://www.starstoolkit.org/helpful-documents</a> |
| <b>Talking with Students about Covid-19</b> | General Tips                          | <a href="https://childmind.org/">https://childmind.org/</a><br><a href="#">National Child Traumatic Stress Network Guide</a><br><a href="#">Helping Children Cope with Changes Resulting From Covid-19</a><br><a href="#">Advice for Parents/Caregivers for Supporting Children</a><br><a href="#">Talking with Students about Masks</a><br><a href="#">NY Times Talking to Teens and Tweens</a>  |
|   | Social Stories                        | <a href="#">Autism Society of NC Germ Social Story</a><br><a href="#">Autism Speaks Flu Social Story</a>  |

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| <b>Mental Health Supports</b> | Articles and Tips                            | <a href="#">CNN-Mental Health and Wellness</a><br><a href="https://hbr.org/2020/03/that-discomfort-youre-feeling-is-grief">https://hbr.org/2020/03/that-discomfort-youre-feeling-is-grief</a><br><a href="#">STARS Tool Kit Parent and Family Resources</a><br><a href="https://news.virginia.edu/content/how-protect-your-mental-health-during-quarantine">https://news.virginia.edu/content/how-protect-your-mental-health-during-quarantine</a><br><a href="#">MHA National- Helping Children Cope with Tragedy-Related Anxiety</a><br><a href="#">World Health Organization Mental Health Considerations</a><br><a href="#">Great Barrington Mental Health Awareness Kit</a>   |
|                               | Mindfulness + MH Intervention Websites/ Apps | <a href="https://www.mindful.org/free-mindfulness-resources-for-calm-during-covid-outbreak/">https://www.mindful.org/free-mindfulness-resources-for-calm-during-covid-outbreak/</a><br><a href="https://www.commonsensemedia.org/lists/apps-to-help-with-mental-health">https://www.commonsensemedia.org/lists/apps-to-help-with-mental-health</a><br><a href="https://www.calm.com/">https://www.calm.com/</a><br><a href="https://www.gonoodle.com/">https://www.gonoodle.com/</a><br><a href="https://www.secondstep.org/covid19support">https://www.secondstep.org/covid19support</a><br><a href="#">Support/intervention strategies, workbooks and videos- Canada National Mental Health</a><br><a href="https://sesamestreetincommunities.org/">https://sesamestreetincommunities.org/</a> |

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| <p><b>Crisis Support</b></p> | <p>Help Lines</p> | <p><b><i>NAMI Warmline:</i></b> Western Mass RLC Peer Support Line (888) 407-4515 Monday-Thursday 7pm-9pm and Friday-Sunday 7pm-10pm- Non-crisis, emotional and preventive care support over the phone. <a href="https://www.nami.org/Press-Media/In-The-News/2019/It-s-not-a-hotline-it-s-a-warmline-It-gives-mental-health-help-before-a-crisis-heats-up">https://www.nami.org/Press-Media/In-The-News/2019/It-s-not-a-hotline-it-s-a-warmline-It-gives-mental-health-help-before-a-crisis-heats-up</a></p> <p><b><i>National Suicide Prevention Lifeline:</i></b> Call (800) 273-TALK (8255)- If you or someone you know is in crisis—whether they are considering suicide or not—please call the toll-free Lifeline to speak with a trained crisis counselor 24/7</p> <p><b><i>SAMHSA Disaster Distress Helpline:</i></b> Call (800) 985-5990. Press 2 for Spanish language support [En Español]: <a href="https://www.samhsa.gov/find-help/disaster-distress-helpline">https://www.samhsa.gov/find-help/disaster-distress-helpline</a></p> <p><b><i>The Crisis Text Line</i></b> is accessible by texting “HOME” to 741741. Assistance is available via text 24/7. Additional information can be found at: <a href="https://www.crisistextline.org/">https://www.crisistextline.org/</a></p> <p><b><i>National Safe Space:</i></b> Text “Safe” to 4Help (44357) <a href="http://www.nationalsafeplace.org">www.nationalsafeplace.org</a></p> <p><b><i>The Parental Stress Line:</i></b> “parents helping parents” – available 24/7 in all languages: 1-800-632-8188</p> <p><b><i>SafeLink</i></b> - Massachusetts statewide domestic violence support and resources: 24/7 helpline: 877-785-2020</p> |
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**Community  
Supports**

**Housing:** Berkshire County Regional Housing staff are working remotely during this time to address the needs of those who are homeless or have housing instability. Anyone with housing concerns should reach out to them at (413) 499-1630.

**DCF:** Staff members are checking in with children and families over the phone and via email during this time. The Department of Children and Families can be reached at (413) 236-1800.

**Berkshire Health Systems** Helpline can be reached at (855) 262-5465.

**Mass211** has set up a line to support residents throughout the ongoing response to COVID-19. Massachusetts' residents can call 2-1-1 at any time for real-time COVID-19 information, resources and referrals in multiple languages. Massachusetts Department of Public Health: <http://bit.ly/COVID211>

**18 Degrees:** (413) 448-8281 or [18degreesma.org](http://18degreesma.org). Their offices are located on West Street, Pittsfield.

**Multicultural BRIDGE**, Main Street in Lee, is reaching out to connect people with resources. If you need support with food for your family or other essential supplies, please contact by email [adminsupport@multiculturalbridge.org](mailto:adminsupport@multiculturalbridge.org).

**Elizabeth Freeman Domestic Violence Prevention:** (866) 401-2425

**Berkshire Immigrant Center:** (413) 445-4881

**ROOTS Teen Center:** Call Executive Director Paula Bauxbaum (413) 663-0250 for connections to meals and resources. Updates are provided on the FB page and [www.rootsteencenter.com](http://www.rootsteencenter.com)

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| <p><b>Community Supports</b></p>              |  | <p><i>Brien Center</i> mental health support: (413) 499-0412. Services are being provided over the phone.</p> <p><i>Elder Services</i> Support: (413) 499-0524</p> <p><i>Solider On</i> Veterans Support: (413) 236-5644</p> <p><i>The Beacon Recovery Community Center</i>: Substance Use &amp; Recovery Meetings, a nbcc program, is holding virtual meetings. Contact the Coalition at (413) 663-7588 for more information and to receive log in credentials.</p>  |
| <p><b>Academic and At Home Activities</b></p> |  | <p>*Department of Education National Center for Education Statistics: <a href="#">Kids' Zone</a></p> <p>Department of Energy: <a href="#">Games and Activities</a>; <a href="#">Virtual Field Trips to National Energy Labs</a></p> <p>Environmental Protection Agency: <a href="#">Games, Quizzes, and Videos about the Environment</a></p> <p>The Library of Congress: <a href="#">Presentations and Activities to Help Students Learn about History</a></p> <p>NASA: <a href="#">Interactive Lessons about Space, Earth, Solar System and Universe</a>; <a href="#">Lessons from Astronauts about Living in Space</a>; <a href="#">STEM Activities for Students of All Ages</a></p> <p>The Kennedy Center: <a href="#">Lunch Doodles with Mo Willems</a>; <a href="#">Tour the Kennedy Center with The Pigeon</a></p> <p>The Smithsonian: <a href="#">Free Smithsonian STEM Games and Simulations</a>; <a href="#">Meet the Animals of the National Zoo</a>; <a href="#">3D Exhibits and Virtual Tours</a>; <a href="#">Smithsonian Magazine Ten Museums You Can Virtually Visit</a>; <a href="#">The Museum of Natural History Virtual Tour</a>; <a href="#">Digital Smithsonian American Art Museum</a>; <a href="#">Distance Learning Resources</a></p> <p>NOAA: <a href="#">Use Real-Time Ocean Data to Explore the Environment</a></p> <p>USGS: <a href="#">Learn from Home About Physical science, Geography and Maps</a></p> <p>*Above Activities List taken from: <a href="https://www.ed.gov/coronavirus">https://www.ed.gov/coronavirus</a></p> <p><b>Parent Activity Guide for Children:</b><br/> <a href="https://berkshires.macaronikid.com/guides/5e73b82bbcd3e5c4552aac7/stuck-home-with-the-kids-weve-got-a-survival-guide-for-you">https://berkshires.macaronikid.com/guides/5e73b82bbcd3e5c4552aac7/stuck-home-with-the-kids-weve-got-a-survival-guide-for-you</a></p> |

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| <b>Social Activities</b> | General Info and Virtual Fitness | <p><a href="#">How to Prevent Loneliness in a Time of Social Distancing</a></p> <p><a href="#">YMCA-Berkshires Stay Home Resources</a></p>  |
|                          | Community Engagement             | <p><a href="#">Railroad Street Youth Project</a>: Hosting virtual Netflix watch parties and virtual book clubs. Their Youth Operational Board (YOB) is taking members, ages 14 to 25. Their Intergenerational YOB meetings are open to all ages. Virtual apprenticeships are starting 5/1. Browse their facebook page and website for more information <a href="https://rsyp.org/">https://rsyp.org/</a>.</p>   |
| <b>Food Distribution</b> |                                  | <p><a href="https://www.foodbankwma.org/">https://www.foodbankwma.org/</a></p> <p><b>Nourishing Neighbors</b>: a south county meal program providing 500 meals from local restaurants weekly. Meals are available for all community members in the southern Berkshires needing extra support at this time.</p> <p>WHERE: Berkshire So Regional Community Center, drive thru*. 15 Crissey Road, Gt. Barrington. <b>**If you're not able to drive</b>, please contact <a href="mailto:meals@berkshiresouth.org">meals@berkshiresouth.org</a> and they will deliver to you. The deadline to request <u>delivery</u> every week is Tuesday at 10am. If you do not have e-mail access, please call the senior center at 413-528-1881 and they will schedule delivery for you. Food will be delivered to you curbside. For questions email <a href="mailto:meals@berkshiresouth.org">meals@berkshiresouth.org</a>.</p> <p>WHEN: Wednesdays, 1-3PM (For any updates or changes, follow Berkshire South's facebook page)</p> <p><b>GRAB &amp; GO MEALS</b>: SBRSD is offering meals free to all families with children 18 &amp; under. Please contact Food Services Director Jeremy Wells at <a href="mailto:meals@sbrsd.org">meals@sbrsd.org</a> or 844-236-9720 or 413-248-0727.</p> <p>PICK UP: Pick up is from 11 am to 1 pm, Monday through Friday at the Undermountain Entrance</p> |

Key:

[Geared Towards Younger Children](#)

[Geared Towards Adolescents](#)