

COVID-19 Information, Resources and Helpful Tips

Quick Links for Reliable Information

Center for Disease Control (CDC)

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

World Health Organization (WHO)

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

Chicago Department of Public Health (CDPH)

<https://www.chicago.gov/city/en/depts/cdph.html>

CDPH CoronaVirus Response Center- Resources

<https://www.chicago.gov/city/en/sites/covid-19/home/resources.html>

CPS School Specific Updates

<https://www.cps.edu/oshw/Pages/HealthyCPS.aspx>

Hotlines for Social-Emotional Support specifically related to Covid-19

SAMHSA Disaster Distress Hotline

1-800-985-5990

24 hours/day, 7 days/week to speak with a crisis counselor

TEXT "TalkWithUs" to 66746

<https://www.samhsa.gov/find-help/disaster-distress-helpline>

Tips and Activities for Managing Stress and Daily Routine

CDC Tips for Managing Stress and Anxiety

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

National Association of School Psychologists (NASP) Talking to Kids about Covid-19

[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)

Child Mind Institute Covid-19 Resource Center

This is a great resource for finding support managing difficult behaviors at home as well as how to establish routines

<https://childmind.org/coping-during-covid-19-resources-for-parents/>

Free Online Activities for Kids

Action for Health Kids- Free online programming for children

<https://www.actionforhealthykids.org/resources-for-schools-and-families-during-covid-19-corona-virus/>

[Calm Classroom E-Book](#)

CPS Enrichment Packets and Resources for Activities With and Without Internet at Home

<https://www.cps.edu/Pages/EnrichmentLearningResources.aspx>

PBS Kids Website

<https://pbskids.org/>

Imagine Neighborhood Podcase

<https://www.imagineneighborhood.org/>

Free Resources for Families from Second Step (SEL)

<https://www.secondstep.org/covid19support>

Sesame Street In Communities

https://sesamestreetincommunities.org/?utm_source=ssic&utm_medium=email&utm_campaign=2019_0926_SSIC_Outreach_Newsletter&utm_content=header

Covid-19 Social Story

<https://drive.google.com/drive/folders/13kC56l3Alhs6S0wAmXY6p7eS16Vw44Lu>