

Resources for Parents and Caregivers for Responding to COVID-19 through a Trauma-Responsive Lens

Compiled by the Metro Nashville Public Schools Trauma-Informed Schools Team



Free lessons or video-based activities for use at home to support stress reduction, self-regulation, and social emotional health:

- [Move This World's video exercises to complete outside of school](#) - Remote video-based activities and learning resources for supporting students (elementary, middle, and high), staff, and caregivers through uncertainty (including self-regulation and stress reduction videos; **Note: Use password “togetherwecan”**)
- [Pure Edge Online Videos, Materials, and Resources \(including A Peek Inside the Amazing Brain, Brain Breaks, and K-5 Resources\)](#) by Pure Edge
- Digital Lessons from EVERFI K-12 Learning to support parents and families:
<http://get.everfi.com/parent-remote-learning/>
- [Free Downloadable Focus 5 Activity Cards](#) by SERP, Incorporated (including Breathe Deep, Let it Go, Mind in Motion, Anchor of Air, Train of Thought, Tight and Loose, and Gratitude)
- [SesameStreet.org/caring](#), Sesame Workshop *Caring for Each Other* initiative—a web resource committed to supporting families throughout the COVID-19 crisis
 - Also from [Sesame Street in Communities Videos and Resources for Helping Young Children Cope with Traumatic Experiences](#)
- [A Video Children's Book to Help Understand Social Distancing](#)

Free, high quality training modules for parents and students:

- [Free 8-Week Mindfulness-Based Stress Reduction Course](#) by Palouse Mindfulness
- [Free 2-hr Course on Teaching Mindfulness to Teens](#) by the Center for Adolescent Studies

Information Briefs, Articles, Videos, and Resources for Parents and Caregivers and Students:

- [Coronavirus Sanity Guide](#) – FREE videos, guided meditations, and podcast by Ten Percent Happier

- [Parent/Caregiver Guide \(Fact Sheet\) for Helping Families Deal with the Coronavirus Disease](#) by the National Child Traumatic Stress Network
- [Helping Children Cope with Stress during the 2019-nCoV Outbreak](#) by the World Health Organization
- [Coping With Stress During Infectious Disease Outbreaks](#) and [Taking Care of Your Behavioral Health: Tips for Social Distancing, Quarantine, and Isolation During an Infectious Disease Outbreak](#) by SAMHSA
- [Mental Health and COVID-19 – Information and Resources](#) by Mental Health America
- [How School Closures Can Strengthen Your Family](#) by Christine Cater for Greater Good Magazine
- [Healing in Place: Game on to Flip the COVID-19 Threat into a Positive experience for Our Children](#) by Dr. Christina Bethell for ACEsConnection
- [Talking to Kids About the Coronavirus](#) by Rachel Ehmke for Child Mind Institute
- [Talking to Your Kids about Coronavirus and Social Distancing](#) by Tara Haelle for Forbes
- [Just For Kids: A Comic Exploring The New Coronavirus](#) by NPR
- [Video about Talking to Children about Coronavirus](#) by Humanity Crew
- [Resilience is Not a Luxury: It is Critical to Our Survival](#) by Fleet Maull for Mindful Leader
- [Trauma-Sensitive Schools: Responding to COVID-19 Webinar](#) by Riane Eisler, Mary Crnobori, and Khayree Bey for The Center for Partnership Studies
- [Resources to Teach Your Child Mindfulness](#) by Make it Stick Parenting
- [That Discomfort You're Feeling is Grief](#) by Scott Berinato for the Harvard Business Review
- [10 Ways to Ease Your Coronavirus Anxiety by Simran Sethi for The New York Times](#)
- [How to Avoid Passing Your Anxiety on to Your Kids](#) by Brigit Katz for Child Mind Institute
- [Speaking Up About Racism Around the New Corona Virus](#) by Coshandra Dillard for Teaching Tolerance

Helpful Hotlines and Local Services

- Metro Public Health Department [COVID-19 Information HOTLINE](#) 615 862-7777. It is available from 7 AM to 7 PM 7 days a week.
 - If the crisis is life threatening, dial 911
 - Persons in crisis should call the [Mobile Crisis line](#) at 615-726-0125 or the Crisis Center at 615-244-7444.
- If you, or someone you know, are experiencing thoughts of suicide, please know that you are not alone and contact the [Suicide Prevention Hotline](#) at 1-800-273-TALK (8255).
- [Disaster Helpline](#): The SAMHSA-sponsored Helpline offers counseling to those affected by human-caused and natural disasters. If you or someone you know has been affected by a disaster and needs immediate assistance, please call this toll-free number for information, support, and counseling. You will be connected to the nearest crisis center.
 - 800-985-5990 or Text **TN** or **TalkWithUs to** 66746
 - TTY for Deaf/Hearing Impaired: 800-846-8517
- The [Tennessee REDLINE](#), 800-889-9789, is a toll-free information and referral line open 24 hours per day, 7 days a week, providing accurate, up-to-date alcohol, drug, problem gambling, and other addiction information and referrals to all citizens of Tennessee at their request. The Redline provides referrals for Co-Occurring Alcohol and Drug disorders that arise along with Mental Health disorders. Treatment and other program referrals are made on the REDLINE. Callers are provided with at least 3 referral sources when possible. The REDLINE staff does not provide therapy or counseling with the caller or substance abuser but gives them the information to put them in touch with someone who will provide a diagnosis, prognosis or assessment of the mental or physical health of the substance user/abuser. The REDLINE strives to provide the caller with specific referrals based on their stated needs.
- [Prevent Child Abuse Tennessee](#)
 - [Parent Helpline](#): 1-800-CHILDREN
 - [Domestic Violence Helpline](#): 1-800-356-6767
- Parenting Support
 - [The Family Center](#)
 - [Prevent Child Abuse Tennessee](#)
- Resources for financial and food assistance can be found on [Tennessee Justice Center's website](#) (scroll to the bottom)