

In case of a mental health crisis/emergency...

If your child is experiencing a mental health emergency, please call 911. The [SAMHSA Disaster Distress Helpline](https://www.samhsa.gov/2k20/2k20-disaster-distress-helpline) (1-800-622-5990 -OR- text TalkWithUs to 66746) and the [National Suicide Prevention Lifeline](https://www.suicidalifeline.org/) (Dial 988 -OR- 1-800-273-8255 -OR- [online chat](#)) provide immediate crisis counseling; providers are available through these hotlines 24/7, 365 days per year. For community-based mental health resources, as well as COVID-19 specific resources, please see below for additional information.

District 158 Family Resource Center for Mental Health Support

Community Based Mental Health Resources & Supports

[McHenry County Helping Numbers](#)
[Kane County Community Resources](#)

[McHenry County Counseling and Crisis Resources and Services](#)
[Kane County Counseling and Crisis Resources and Services](#)

[McHelp \(English\)](#)
[McHelp \(Spanish\)](#)

[Online and Telephone Support Resources](#)

[FREE Resources for Mental Health Support and Connection](#)

Anxiety & Stress Management Information	Description
SAMSA: Coping with Stress During Infectious Disease Outbreaks	The Substance Abuse and Mental Health Services Administration provides guidance regarding recognizing and managing stress during an infectious disease outbreak.
Coronavirus: Mental Health Coping Strategies	The National Alliance on Mental Illness (NAMI) provides guidance on supporting mental health needs during Coronavirus outbreak.
How to Ease Children's Anxiety about COVID-19	The National Alliance on Mental Illness (NAMI) provides guidance on steps to follow to ease COVID-19 anxiety for yourself and children.
Helping Children Cope with Changes Resulting from COVID-19	The National Association of School Psychologists (NASP) offers suggestions for how adults can support children during the COVID-19 epidemic.

Centers for Disease Control & Prevention (CDC)	The CDC offers suggestions for daily life and coping during the COVID-19 epidemic.
The Parent/Caregiver Guide to Helping Families Cope with the Coronavirus Disease	This fact sheet from The National Child Traumatic Stress Network (NCTSN) details ways for parents/caregivers to provide support regarding readiness, response, and additional support resources.
Virus Anxiety Website	This website provides links to a variety of articles and meditations with a focus on supporting oneself and others experiencing anxiety related to COVID-19.
Other Related Resources	Description
Disengagement at Home During E-Learning	Tips/strategies to help your child to engage in remote learning from home.
ABC Scrub with Me game from PBS Kids	Directions for a craft that parents/guardians can do with young children to explain why we wash our hands to prevent the spread of germs.
How to Talk to Kids About Coronavirus from PBSKids	An article for parents that provides tools on how to talk to early elementary school children (K-2) about Coronavirus. The article includes links to a variety of activities, resources, games and videos on the PBS Kids website to reinforce concepts as well as support ongoing teaching and discussion.
Family Emotional Safety Plan	This document was originally developed by <i>Confident Parents, Confident Kids</i> to respond to "emotional fires" in the home as the result of strong feelings and maladaptive responses kids may demonstrate as a result of emotional overwhelmedness. It could also be applicable during a time of high stress on the family system such as the COVID-19 epidemic.
Supporting Your Kids SEL & Mental Health at Home	A resource from the <i>Confident Parents, Confident Kids</i> website that provides some tips and strategies for parents to support students at home amidst school closures.
Resources for Families During Coronavirus Pandemic	Commonsense.org has curated a list of articles, apps, and games to help navigate conversations about Coronavirus, media coverage/exposure, and learning from home.
Using SEL in Times of Stress	Social emotional competencies can help people regain an improved sense of calm, of 'team', and certain aspects of control. Hull Services has taken information from the CDC and provided suggestions for how to manage stress during challenging times and talk with children about it.