

Where to find Help:

If during this time away from school you find yourself struggling emotionally or in need of talking to someone, there is help. Reach out to the following who are all willing to help:

Useful Numbers & Websites

In an emergency, dial 911

SafeVoice
1-833-216-SAFE (7233)
safevoicenv.org

The Harbor
(702) 455-6912
theharborlv.com

CCSD Police
702-799-5411

Mobile Crisis Response
Team, 24/7/365
702-486-7865

National Suicide
Prevention Hotline
1-800-273-8255
Suicidpreventionlifeline.
org/chat/

Crisis Text Line:
Text HELLO to 741741

Quick Links to CCSD Resources

COVID-19 Updates
Food Distribution Sites
Student Learning
Opportunities

Tips for Supporting Children during the Coronavirus Crisis

- ❖ Encourage an open discussion. Explain what is happening in kid-friendly terms.
- ❖ Listen to and acknowledge their worries. Remind them that you are doing whatever you can to keep them safe and healthy.
- ❖ Remember that they are watching us and our reactions to this crisis. Our behaviors and feelings mold and form their behaviors and feelings.
- ❖ Maintain a structure and a routine at home.
- ❖ Support creative and outdoor play in safe settings. Teach healthy coping strategies such as breathing techniques, journaling, and drawing.
- ❖ View the extra time at home as a gift to spend quality family time together.
- ❖ Avoid watching the news in front of them.
- ❖ Read with your child.

Helpful Guide: Supporting Children who are worried about Coronavirus

[English version](#)

[Spanish version](#)

Books

While you may not have access to paper copies of books, [Storyline Online](#) streams videos featuring celebrated actors reading children's books alongside creatively produced illustrations.

APPS - Below is a list of free apps to help support your child(ren)'s emotional health

Tapping Solution
Insight Timer
ThisIsSand
Mindshift

Sesame Street Breath
Smiling Mind
Calming bottle
Breathing bubbles

Video Links

Cosmic Kids Yoga
Go Noodle for Families
Howard B. Wigglebottom
Sesame Street in Communities