

Fresno County Superintendent of Schools continues to be here to offer support and would like to share some additional resources for youth and families as our community comes together around COVID-19.

Tips for Taking Care of Yourself:

Taking care of yourself, your friends, and your family can help you cope with stress.

- Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.
- Take care of your body. Take deep breaths, stretch, or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs.
- Make time to unwind. Try to do some other activities you enjoy (i.e. painting, drawing, crafts, home improvement projects, riding a bike, taking a walk).
- Connect with others. Talk with people you trust about your concerns and how you are feeling.

Fresno County Superintendent of Schools' Resources

Help Me Grow Fresno County Call: [1-866-KIDS-HMG](tel:1-866-KIDS-HMG)

No cost information and referral helpline for the young children you love.

All 4 Youth Behavioral Health Program for children 0-22 Call: [559-443-4800](tel:559-443-4800)

We provide mental health assessment, counseling, coaching to parents and youth as well as care coordination and linkage to needed support services.

Phone Numbers for Information and Support:

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| Fresno County Behavioral Health Warm Line: | 559-600-WARM (9276) |
| Mental Health Resources and Information: | 1-800-654-3937 |
| NAMI Helpline: | 559-224-2469 |

Phone Number for Crisis:

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|--|----------------|---|
| Fresno County Crisis Line: | 559-600-6760 | |
| Crisis Text Line: | 741741 | https://www.crisistextline.org/text-us/ |
| Central Valley Suicide Prevention Hotline: | 1-800-506-5991 | Facebook: https://www.facebook.com/CVSPHotline/ Web: http://cvsph.org/ |
| National Youth Crisis Helpline | 1-800-999-9999 | |
| Sanctuary Runaway Hotline: | 1-800-820-4968 | |
| National Hopeline Network: | 1-800-784-2433 | |
| National Suicide Prevention Lifeline | 1-800-273-8255 | https://suicidepreventionlifeline.org/ |
| Trevor Project (for LGBTQ Youth) | 1-866-488-7386 | https://www.thetrevorproject.org/ or Text START to 678678 |

Website Resources:

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| Fresno County Public Health | <u>COVID-19 Coronavirus Information</u> |
| Anxiety and Coping with Coronavirus | Link in English: https://childmind.org/article/anxiety-and-coping-with-coronavirus/ Link in Spanish: https://childmind.org/article/como-la-atencion-plena-puede-ayudar-durante-la-crisis-del-coronavirus/ |
| How Mindfulness Can Help During COVID-19 | https://childmind.org/article/how-mindfulness-can-help-during-covid-19/ |
| Supporting Teenagers and Young Adults During the Coronavirus-Crisis | https://childmind.org/article/supporting-teenagers-and-young-adults-during-the-coronavirus-crisis/ |
| Supporting Kids During the COVID-19 Crisis | https://childmind.org/article/supporting-kids-during-the-covid-19-crisis/ |
| Talking to Kids About the Coronavirus | https://childmind.org/article/talking-to-kids-about-the-coronavirus/ |

***In times of Crisis you can also call the Non-Emergency Line or 911 and request that a Mental Health Clinician co-respond**

| Police Department | Non-Emergency Line | More Information |
|--------------------------|---------------------------|---|
| Fresno PD | 621-7000 | |
| Fresno Sheriff | 600-3426 | Covers the following cities: Orange Cove, Sanger, Fowler, Kerman, Kingsburg and all un-incorporated towns in Fresno County. |
| Clovis PD | 324-2800 | |
| Coalinga PD | 935-1525 | Also dispatching for Parlier. |
| Firebaugh PD | 659-3051 | Also dispatching for Mendota. |
| Huron PD | 945-2046 | |
| Reedley PD | 637-4250 | |
| Selma PD | 896-2525 | |