

Special Programs

**Talking to Children about COVID-19**

[Talking to Children About COVID-19 \(Coronavirus\): A Parent Resource](#)

[Talking to Children About COVID-19](#)

[PBS Kids: How to Talk to Your Kids About Coronavirus](#)

[Just for Kids: A Comic Exploring the New Coronavirus from NPR](#)

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[Brain Pop Video About the Coronavirus](#)

[ASCA Coronavirus Resources](#)

[Talking to Children About COVID-19 \(Coronavirus\): A Parent Resource](#)

[How to Talk to Kids About the Coronavirus](#)

[Resources to Help You Talk to Your Kids About COVID-19](#)

[The Yucky Bug by Julia Cook](#)

**Resource for students of all ages dealing with cyber bullying (videos for students to watch separated by age groups):**

[Cyberbullying- FraudSupport](#)

[Cyber bullying resource from NASP:](#)

**Stress Management:**

[Kids Health](#) available in Spanish as well

[How to make a stress ball](#)

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[How to manage stress and worry video](#)

[How to make a calming/sensory bottle](#)

**Dealing with Anxiety:**

The Child Anxiety Network: [www.childanxiety.net](http://www.childanxiety.net)

WorryWise Kids: [www.worrywisekids.org](http://www.worrywisekids.org)

Temple University's Child and Adolescent Anxiety Disorders Clinic: [www.childanxiety.org](http://www.childanxiety.org)

UCLA Child and Adolescent OCD, Anxiety, and Tic Disorders Program: [www.npi.ucla.edu/caap/](http://www.npi.ucla.edu/caap/)

New York University Child Study Center: [www.aboutourkids.org](http://www.aboutourkids.org)

Massachusetts General Hospital School Psychiatry Program and MADI Resource Center:

[www.massgeneral.org/schoolpsychiatry/info\\_anxiety.asp](http://www.massgeneral.org/schoolpsychiatry/info_anxiety.asp)

Anxiety Disorders Association of America: [www.adaa.org](http://www.adaa.org)

The Center for Mental Health Services: [www.mentalhealth.org](http://www.mentalhealth.org)

American Academy of Child and Adolescent Psychiatry: [www.aacap.org](http://www.aacap.org)

Academy of Cognitive Therapy: [www.academyofct.org](http://www.academyofct.org)

Association for Behavioral and Cognitive Therapies: [www.abct.org](http://www.abct.org)

Pamela Rand's YoGuides: [www.yoguides.com](http://www.yoguides.com)

[National Stress Network](#) (English and Spanish)

**Behavior Management Techniques:****[Behavior Management Techniques from CPI](#)**

Bring Out the Best In Your Children--American Academy of Pediatrics

[http://www.aap.org/en-us/Documents/ttb\\_bring\\_out\\_best.pdf](http://www.aap.org/en-us/Documents/ttb_bring_out_best.pdf)

Managing Problem Behavior at Home

<https://childmind.org/article/managing-problem-behavior-at-home/>

Top 5 Behavior Management Strategies For Parents

<https://www.aha-now.com/behavior-management-strategies-parents/>

10 ADHD Behavior Management Strategies

<https://www.everydayhealth.com/hs/adhd-and-your-child/adhd-behavior-management-strategies/>  
[/](#)

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**Play Therapy Resources:**Play Therapy Activities - (PDF)

1. [Children, Adolescents, & Families:](#)
2. [Fifteen Play Therapy Activities:](#)

Play Therapy Activities (SPANISH PDF)

1. [Actividades de Terapia para los Niños \(Play Therapy Activities for Kids\)](#)
2. [La Alfombra Magica \(The Magic Carpet Activities\)](#)
3. [Informacion Sobre Los Sentimientos - KidsHealth.org \(Information on Feelings\)](#)

**Counseling Resources:**

<https://www.therapistaid.com/therapy-worksheets/none/children>

[13 Worksheets for kids dealing with change:](#)

**Other Resources**

[Social Emotional Learning](#)

[Mindfulness](#)

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**From NAMI Gulf Coast:**

We will continue to share guidance and resources to support you and your loved ones, but please don't hesitate to reach out to the **NAMI GC HelpLine *Monday through Friday from 9:00am - 5:00pm at (281) 585-3100.***

If you or a loved one is in crisis, you can **text "NAMI" TO 741741.**

**Special Programs**

Out of an abundance of caution, NAMI Gulf Coast has made the decision to cancel support group meetings until further notice. The safety and well-being of our individuals and families is top priority. Instead, we will be hosting a conference call in place of an in-person meeting.

Please keep in mind that conference calls will follow the SAME rules and principles as support group meetings. As a reminder, *please avoid talking over one another to ensure everyone on the call is heard.*

**Call 605-313-5152 Access Code: 453534**

Conference calls will be held at the same date and time as normal support group meetings.

**Galveston Individual and Family Support Group:**

Tuesday March 17, 2020

1:00 - 2:30PM

**Alvin Individual Support Group:**

Thursday, March 19, 2020

4:00 - 5:30PM

If you have any questions or concerns, please call 281-585-3100 or email [namigc@namigulfcoast.org](mailto:namigc@namigulfcoast.org). We will keep you updated about any changes that may occur.

Stay safe and take care of yourself during this difficult time. -**NAMI Gulf Coast Staff**

**Talking To Kids About Coronavirus Disease (COVID-19):**

[https://media.wix.com/ugd/a29b13\\_4eef29373dd0477e8f04e8cf2b62836e.pdf](https://media.wix.com/ugd/a29b13_4eef29373dd0477e8f04e8cf2b62836e.pdf)

**Resources for staff and adults:****Resource & Crisis Center of Galveston County**

Toll Free: 1-888-919-SAFE (7233)

Local: 409-765-SAFE (7233)

Intake services for our shelter program.

- Information and referrals for survivors and their concerned friends and family members.
- Immediate assistance in English and Spanish.

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- If there are no staff available that speak the preferred language, then the caller would be assisted through the use of language Line Solutions. (800)752-6096
- Medical Accompaniment Advocates are on 24-hour call in order to accompany and advocate for survivors of domestic violence and sexual assault at local hospitals.

## Hotlines - Where to Call for Help

### General

#### **United Way Helpline “211” or 713-957-HELP**

7 days, 24 hours •List of community resources, such as agencies that provide rent, food, GED classes, legal aid, holiday meals, etc. • Link to crisis lines • Disaster related info, such as hurricane evacuation routes, special needs transportation during a disaster

### Crisis

#### **Crisis Hotline of Houston 713-HOTLINE or 713-228-1505**

7 days, 24 hours •Phone intervention for people in crisis, survivors of suicide •Some information and referral

#### **Houston Area Women’s Center - WIRES**

**713-528-2121**

7 days, 24 hours •Hotline for abused men and women • Has a shelter and operates Safe Harbor program for temporary emergency shelter if all other shelters are at capacity •Arranges emergency transportation to safety •Dispatches Domestic Violence Accompaniment Advocates (DVAAs) who are on 24-hour call to accompany and advocate for survivors at local hospitals

#### **MHMRA Helpline**

**713-970-7000**

7 days, 24 hours •Call if in crisis •Call if need to be directed to mental health treatment or developmental disability assistance for self or someone else •Call for resources

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**Medical**

**Poison Control Center**

**1-800-222-1222**

7 days, 24 hours •Poison emergency • Someone has taken the wrong medication/  
mixed medication • Someone has breathed, eaten or touched chemicals

**CRISIS HOTLINES**

**GALVESTON COUNTY MENTAL HEALTH DEPUTY**

**(409) 766-2324**

**GULF COAST CENTER – 24-HOUR HOTLINE**

**(866) 729-3848**

**CRISIS HOTLINES (SPANISH) - NUMEROS TELEFÓNICOS PARA AYUDA EN  
CRISIS:**

**CONDADO DE GALVESTON – DIPUTADOS DEL DEPARTAMENTO DE  
SALUD MENTAL:**

Contacte este numero si alguien está en peligro inmediato de dañarse  
a sí mismo o a otros; si está en peligro de suicidio, homicidio; o cuando  
haya necesidad de hospitalización.

**(409) 766-2324**

**LÍNEA TELEFÓNICA DE 24-HORAS DEL GULF COAST CENTER:**

Contacte este numero en necesidad de consejeria telefonica en  
momentos de crisis - tambien tienen la abilidad de enviar un  
representante a su hogar.

**(866) 729-3848**

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**Mental Health Resource:**

**Family Service Center of Galveston County**

**2401 Termini Street, Suite C**

**Dickinson, TX 77539**

**(281) 576-6366**

**Email Office: [centero@fscgal.org](mailto:centero@fscgal.org)**