



Family Resources

The Pupil Services Department of the Bethlehem Area School District remains committed to providing all students with high-quality education including a variety of resources to assist with student anxiety during this ever changing time. Please do not hesitate to contact your school counselor with questions or concerns.

Mental Health

St. Luke's Behavioral Health: 484.526.3012

Lehigh Valley Hospital Muhlenberg: 610.297.7500; located at 2545 Schoenersville Rd, Beth.

Kids Peace: 1.800.854.3123

PMHCA and Youth MOVE PA:

Will be hosting a series of "Virtual Drop-In" zoom meetings to help reduce the sense of social isolation that can be experienced during this difficult time. These are NOT clinical or therapeutic groups!

- The "Adult Virtual Drop-In" is a topic-driven, social gathering hour that is scheduled twice a week. While we are all housebound during this health crisis, let's take some time for some good old socialization and conversation. We would love to discuss many different topics such as our "favorite things" and our "go to coping skills" with whoever wants to join us. One topic that is off limits is the COVID-19 virus? Meetings will take place using Zoom on Tuesday and Thursday from 1:00pm to 2:00pm. Meetings will be moderated by Kathy Quick, Jason Riligio, and Samantha Harkins. Meeting ID: 131-337-859, Meeting Link: <https://zoom.us/j/131337859>
- Youth MOVE PA is excited to host a "Youth Virtual Drop-In" that is all about getting social interaction, even if we can't go out and do our normal things like school, sports, going to the game store or hanging with our friends. We know how stressful it can be when our routine is messed up and it is just as frustrating when everyone is talking about Coronavirus, as if there might be impending doom!! We would like to help you feel better about the outside world and stress it may bring by meeting new people who join this group. We will be talking about ourselves, what we like and discussing a specific topic with each other during each meeting. This gives us some distraction from the anxiety that can arise from being stuck inside all the time. Our meetings will be hosted every Monday and Friday from 1pm to 2pm on Zoom. Meetings will be moderated by Zack

Karenchak, Tristan Schnoke, and Aaron Zimmerman. Meeting ID: 410-999-098,
Meeting Link: <https://zoom.us/j/410999098>

- From the Center for Disease Control: [Talking with children about Coronavirus Disease 2019 | CDC](#)
- From the National Association of School Psychologists: [Talking to Children About COVID-19 \(Coronavirus\): A Parent Resource](#)

Child Mind Institute:

- Supporting Kids During the COVID-19 Crisis: Tips for Nurturing and Protecting Children at Home: <https://childmind.org/article/dupporting-kids-during-the-covid-19crisis>
- How to Avoid Passing Anxiety on to Your Kids: <https://childmind.org/article/how-to-avoid-passing-anxiety-on-to-your-kids/>

Humanity Crew:

- Video Talking to Kids About the Coronavirus: <https://www.facebook.com/HumanityCrew/videos/201670141106110/>

Child Traumatic Stress Network:

- Parent Caregiver Guide to Helping Families Cope with the Coronavirus: <https://ww.nctsn.org/resources/parent-caregiver-guide-to-helping-families-cope-with-thecorona-virus-disease-2019-ch>
- Guia de ayuda para padres y cuidadores para ayudar a las familias a enfrentar la enfermedad Coronavirus 2019 (COVID-19): <https://www.nctsn.org/resources/parent-caregver-guide-to-helping-families-cope-with-thecoronavirus-disease-2019-sp>

Mental Health America:

- Mental Health and COVID-19 INformation and Resources: <https://mhanational.org/covid19>

SAMHSA:

- Tips For Social Distancing, Quarantine, And Isolation During An Infectious Disease Outbreak: <https://www.samhsa.gov/sites/default/files/tips-social-distancing-quarantine-isolation031620.pdf>

National Suicide Prevention Lifeline:

- <https://www.suicidepreventionlifeline.org>

- <https://www.suicidepreventionlifeline.org/gethelp/spanish.aspx>
- Suicide Prevention Line: 1.800.273.TALK (8255)
- National Crisis Text Line: Text HOME to 741741

NAMI - National Alliance on Mental Illness:

BASICS On Demand

A Free Online Parent Education Course from NAMI National

Learn more **HERE**

Register **HERE**

Resilient Lehigh Valley:

Managing Stress and Reducing Stigma

- [Avoid and Condemn Discrimination and Stigma](#) (courtesy of the [CDC](#))
- [Let's Stay Healthy and Be Kind](#) (courtesy of [Nonprofit New York](#))
- [Managing Anxiety & Stress](#) (courtesy of the [CDC](#))
- [7 Science-Based Strategies to Cope with Coronavirus Anxiety](#) (courtesy of [Generosity](#))
- [Why You Aren't Thinking Clearly: The Brain Science of Fear in Uncertain Times](#) (published by [Hildy Gottlieb](#) on LinkedIn)
- [Bloomerang Coloring Book](#) (courtesy of [Bloomerang](#))

PA Parent and Family Alliance:

- Resources for Families
 - www.paparentandfamilyalliance.org/hometogether-resources
- *We're Going to Get Through This and We'll Be With You Every Step of the Way*
 - www.paparentandfamilyalliance.org/blog
- ***PA Parent and Family Alliance:***
 - www.paparentandfamilyalliance.org/who-we-are

Food Pantries

- BASD Food Distribution: Monday - Friday, 10:00am - 1:00pm @ Broughal, East Hills, Nitschmann, Northeast, Lincoln, Marvine, Fountain Hill, Lynnfield Community Center
- Lehigh Valley Church of Christ: 3400 Brodhead Road, Bethlehem, PA.18020; 610.691.1116 - appointment only
- Northeast Ministry: 1161 Fritz Drive, Bethlehem, PA 18016; 610.691.3355 - Tuesdays - Thursdays@ 9:30am - 12:00pm noon and 2nd Wednesday of the month @ 5:30pm -7:00pm
- Bethlehem Salvation Army: 521 Pembroke Road, Bethlehem, PA. 18018; 610.867.4681 - 9:00am - 12:00pm noon; proof address; does not service south side Bethlehem; appointment needed
- New Bethany Ministries: 337 Wyandotte Street, Bethlehem, PA. 18015; 610.691.5602, extension 210 or 220; Monday through Friday @ 10:30am - 11:30am and 12:00pm - 1:00pm (only brown bag/curbside lunch pick up)

Mindfulness

- Headspace & Smiling Mind Apps (free)
- Meditation for Teenagers
 - www.health.clevelandclinic.org/how-to-use-meditation
 - www.positivepsychology.com/mindfulness-for-children
 - www.leftbrainbuddha.com/mindfulness-for-teens
- Yoga
 - [www.informationvine.com/Yoga For Kids](http://www.informationvine.com/Yoga%20For%20Kids) Online
- Mindfulness Meditation for Kids:
 - www.youtube.com/watch?v=Bk_qU7I-fcU
 - awakeandmindful.com/best-meditation-videos-for-kids
 - www.youtube.com/watch?v=CvF9AEe-ozc
 - www.cosmickids.com/mindfulness-meditation-videos

Stress and Trauma

- Childhood Stress: www.kidshealth.org/en/parents/stress.html
- Helping Children Cope with Trauma:
www.helpguide.org/articles/ptsd-trauma/helping-children-cope-with-traumatic-stress.htm
- Trauma Informed Response During Uncertain Times
<https://www.acesconnection.com/blog/trauma-informed-response-during-uncertain-times>

County Hot Lines & Resources

- Crisis Intervention Hotline: 1.800.849.1868 or
 - 610.782.3127 - Lehigh County
 - 610.252.9060 - Northampton County Emergency Services
- Mental Health WarmLine: 1.866.654.8114 or 610.820.8451 or 484.223.0785 (Spanish)
- Mental Health Crisis Hotline - 1.800.273.8255
- Text PA to @CrisisTextLine at 741-741 (free, confidential, 24/7)
- Turning Point of the Lehigh Valley: 610.437.3369
- Valley Youth House Shelter: 610.691.1200
- Lehigh County Crisis: 610.782.3127
- Lehigh County Children & Youth: 610.782.3064
- Northampton County Children & Youth: 610.829.4690 (8:00am-4:00pm) or 610.559.3290 (4:00pm - on)
- Safe to Say: 1.844.723.2729 (1.844.SAF2SAY)
 - Say to Say Something is a youth violence prevention program run by the PEnnsylvania Office of the Attorney General. The program teaches youth and adults how to recognize the warning signs and signals, especially within social media, from individuals who may be a threat to themselves or others and to “say something” BEFORE it is too late.
- Valley Wide Help (610) 252-4357, or Dial 2-1-1
- Child Line: 1.800.932.0313
- Magellan Member Services:
 - 1.866.238.2311 Lehigh County (24 hours)
 - 1.866.238.2312 Northampton County (24 hours)
 - 610.814.8025 / 1.800.424.3515 (Spanish) Family Advocate: John Lees
- PA211 East: Call 2-1-1 or visit www.pa211east.org
 - Is a free, confidential, non-emergency comprehensive information and referral service that connects Northampton and Lehigh County residents with the health and human

services needed.

- Office of Unemployment Compensation: <https://www.uc.pa.gov/Pages/default.aspx>

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