



AVAILABLE SUPPORT RESOURCES

(Helpful Resources for Educators, Students and Families)

- ❖ **Georgia Crisis and Access Line**
(GCAL): 1-800-715-4225
- ❖ **My GCAL App and Crisis Text Line:**
<https://www.crisistextline.org/>
- ❖ **Georgia Department of Behavioral Health and Developmental Disabilities Crisis and Access Line:** 1-800-715-4225
- ❖ **Child Mind Institute Tips and Resources for Parents and Educators:**
<https://childmind.org/copingduring-covid-19-resources-for-parents/>
- ❖ **Centers for Disease Control and Prevention:**
<https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>
- ❖ **Mental Health America of Georgia:** <https://www.mhageorgia.org/getting-help/>
- ❖ **Mindfulness for Educators:** <http://www.mindfulteachers.org/p/self-care-resources.html?m=1>
- ❖ **National Alliance on Mental Illness:** <https://www.nami.org/find-support/nami-helpline>
- ❖ **Preventing Loneliness While Social Distancing:**
<https://www.washingtonpost.com/opinions/2020/03/17/combating-loneliness-an-age-self-quarantine/>
- ❖ **Taking Care of Your Mental Health in the Face of Uncertainty:**
<https://afsp.org/taking-care-of-yourmental-health-in-the-face-of-uncertainty/>
- ❖ **Tips for Staying Connected:** <http://theconversation.com/social-distancing-can-make-you-lonelyheres-how-to-stay-connected-when-youre-in-lockdown-133693>
- ❖ **11 Phenomenal apps to help with your anxiety:**
<https://www.linkedin.com/posts/keischa-pruden-ms-lcmhcs-lcas-ccs-cpp-sae-25259628-11-phenomenal-apps-to-help-with-your-anxiety-activity-6648323458063224832-53F7>
- ❖ **Trevor Lifeline for LGBTQ Youth:** 1-866-488-7386
- ❖ **Internet:** Comcast and Hargray are providing free services. Comcast is allowing families to access their services through hotspots.
- ❖ **Meals:** Beginning Thursday, March 26, meals will be distributed to families at more than 400 bus stops across the county for students 18 years old and younger. On Thursday, meals for Thursday and Friday will be delivered by school bus. **Buses will not run on Friday, March 27.** While there is a “shelter-at-home” order in effect for the City of Savannah, families may proceed to the stops for the purpose of receiving food as an essential need. *Visit the following site for additional information:*
<https://spwww.sccpss.com/Documents/ROUTES%20FOR%20Meal%20Distribution%20Program%20%283-24-20%29.pdf>

