



Mental Health Resources:
A Virtual Library of Supports During COVID-19

Emergency Resources

In case of emergency, dial 9-1-1, or go to your nearest emergency room.

Bergen County Emergency Psychiatric hotline (*Available 24/7*)

201-262-HELP (4357) Provides emergency psychiatric services to Bergen county residents 24/7. (A parent or guardian must call for individuals under 18 year old).

For more information: <https://www.careplusnj.org/service/crisis-response-services/>

For youth (to age 21), a parent or guardian can call Performcare 877-652-7624. (*Available 24/7*). Children's Mobile Response (CRMSS) can be activated through Performcare for youth in crisis. CRMSS can respond to your home or telephonically within 1 hour to de-escalate the situation and to link to ongoing therapeutic or other services for up to 8 weeks.

For more information: <http://www.performcarenj.org/index.aspx> and <https://www.careplusnj.org/service/crisis-response-services/> (Scroll down to view Children's Mobile information)

For general non-emergency support

Students age 10-24 may call or text the 2nd Floor helpline on any issue

2nd Floor Helpline - 888-222-2228 (*Available 24/7*)

For more information: <https://www.2ndfloor.org/>

Parent Resources

Support in Bergen County For Parents & Families:

- Family Support Organization of Bergen County www.fsobergen.org
- Bergen Resource Net www.bergenresourcenet.org
- Bergen County Board of Social Services <https://bcbss.com/>
- NJ 211 www.nj211.org

General Parenting- Online resources

- Harvard T.H. Chan School of Public Health Mindful Parenting in Covid-19 (55 minute webcast) <https://www.youtube.com/watch?v=yimjPExQczQ>
- Centers for Disease Control Parents Helping Children Cope in Covid 19 (article) <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/for-parents.html>
- Child Mind Institute Anxiety and coping with Coronavirus (article) <https://childmind.org/article/anxiety-and-coping-with-coronavirus/>
Helping Children Handle Disappointment (article) <https://childmind.org/article/how-to-help-your-kids-handle-disappointment/>
How to Ask What Kids are Feeling (article) <https://childmind.org/article/how-to-ask-what-kids-are-feeling-during-stressful-times/>
- UC Davis Health Kids and Anxiety During the COVID-19 Pandemic (Webcast) <https://www.youtube.com/watch?v=-ocjJEdJKl8>
- Youth Mental Health project - (For both PDF downloads, must submit email)
 - Understanding and Supporting Youth Mental Health
 - Feelings and Emotions: Mental Health 101 Talking with Kids <https://ymhproject.org/mental-health-101/>
- Massachusetts General Hospital, Clay Center for Young Minds
7 Ways to support Kids and Teens through Coronavirus (article) <https://www.mghclaycenter.org/hot-topics/7-ways-to-support-kids-and-teens-through-the-coronavirus-pandemic/>
- Center for Study of Traumatic Stress Discussing Coronavirus with Your Children https://www.cstsonline.org/assets/media/documents/CSTS_FS_Discussing_Coronavirus_w_Your_Children.pdf

Additional Parent Resources Listed By Age Group/Developmental Level:

PRESCHOOL:

-**Centers for Disease Control** Positive Parenting tips for Preschoolers (article)
<https://www.cdc.gov/ncbddd/childdevelopment/positiveparenting/preschoolers.html>

-**Sesame Street** Resources for children and families in pandemic (multiple videos)
https://sesamestreetincommunities.org/topics/health-emergencies/?utm_source=SS.org%20Caring%20for%20Each%20Other%20Page%20links&utm_medium=Link&utm_campaign=Caring%20for%20Each%20Other

-**Head Start** Supporting Children Experiencing Trauma- (video)
https://eclkc.ohs.acf.hhs.gov/blog/supporting-children-experiencing-trauma?utm_source=Buffer&utm_medium=twitter&utm_campaign=HeadStartHerald+vlog

ELEMENTARY:

-**Center for Disease Control**
Positive Parenting tips for middle Elementary students (2 articles)
<https://www.cdc.gov/ncbddd/childdevelopment/positiveparenting/middle.html>
<https://www.cdc.gov/ncbddd/childdevelopment/positiveparenting/middle2.html>

-**Sesame Street** Resources for children and families in pandemic (multiple videos)
https://sesamestreetincommunities.org/topics/health-emergencies/?utm_source=SS.org%20Caring%20for%20Each%20Other%20Page%20links&utm_medium=Link&utm_campaign=Caring%20for%20Each%20Other

-**Child Mind Institute** Supporting Kids During Covid 19 (article)
<https://childmind.org/article/supporting-kids-during-the-covid-19-crisis/>

MIDDLE SCHOOL:

-**Center for Disease Control** Positive Parenting in Adolescence (article)
<https://www.cdc.gov/ncbddd/childdevelopment/positiveparenting/adolescence.html>

-Partnership for Drug-Free Kids Guide for families navigating COVID-19 and substance-use, including support groups and resources on supporting children
<https://drugfree.org/article/covid-19-we-are-here-for-you/>

-Clay Center for Young Minds, Massachusetts General Hospital Self-care in Middle School (video)
https://www.youtube.com/watch?time_continue=4&v=KSXXYH4pWfs&feature=emb_logo

HIGH SCHOOL:

-Child Mind Institute Supporting Teens & Young Adults during Coronavirus (article)
<https://childmind.org/article/supporting-teenagers-and-young-adults-during-the-coronavirus-crisis/>

-Center for Disease Control Positive Parenting in Adolescence (article)
<https://www.cdc.gov/ncbddd/childdevelopment/positiveparenting/adolescence2.html>

-Partnership for Drug-Free Kids Guide for families navigating COVID-19 and substance-use, including support groups and resources on supporting children
<https://drugfree.org/article/covid-19-we-are-here-for-you/>

-Clay Center for Young Minds, Mass General Hospital Self care in High School (video)- <https://www.youtube.com/watch?v=gEHPTjMv4F0>

Online Coping Strategies & Tools for Managing Stress

Often, engaging children and youth in relaxation, exercise, or other engaging content improves mental health, especially if you can do it together as a family. See below for some ideas. *Please note, many of these are subscription-based, but currently have free content that is accessible without payment. The district is not endorsing any particular company.*

Go Noodle Positive, free activity videos to engage kids (some content requires subscription)
<https://www.gonoodle.com/for-families/>

Calm.com Some free mindful and meditation resources (some content requires subscription)
www.calm.com App available on Android and IOS.

Headspace.com Some free mindfulness resources to manage stress (some content requires subscription). *FREE for one year if you are unemployed due to COVID 19*
<https://www.headspace.com/> App available on Android and IOS.

Mindtools.com Online tools to manage anxiety (generally subscription based but currently link to free “covid 19 support pack”) https://www.mindtools.com/pages/article/covid-19_support_pack.htm?trackingtag=hp_qc&utm_content=hp_qc App available on Android and IOS.

The Mightier Free downloadables during coronavirus outbreak (Usually a subscription based app) <https://www.mightier.com/coronavirus-resources/>

Mindful Schools Free online mindfulness lessons for kids (Some additional content behind paywall) <https://www.mindfulschools.org/free-online-mindfulness-class-for-kids/>

YMCA360 Free online exercise videos during Coronavirus (Some additional content subscription based) <https://ymca360.org/>

Gozen.com Help Kids Manage Anxiety around Coronavirus (4 expert videos)

<https://gozen.com/coronavirus-anxiety/>

Progressive muscle relaxation <https://www.youtube.com/watch?v=cDKyRpW-Yuc>

iHopenetwork.com Relaxation breathing technique video - Box Breathing

<https://drive.google.com/file/d/1FNNkqlpHejMjeJ0gCHhT4htURswu7CSu/view?pli=1>

Sensory grounding technique video

https://drive.google.com/file/d/1WewSOag2N1gfkzk_np_rLLd_RrPqrSxx/view?pli=1

Seeking Counseling

If your student needs more professional mental health assistance, a wide range of counseling options are available in Bergen County. Most are providing some form of telehealth during the coronavirus outbreak and will transition back to in-person services as conditions improve.

There are 4 Community Mental Health Centers in Bergen County which serve youth and families for counseling and medication management:

CarePlusNJ, Inc. - 201-265-8200/ 201-986-5000
610 Valley Health Plaza, Paramus, NJ <https://www.careplusnj.org/>

Comprehensive Behavioral Healthcare, Inc. - 201-646-0195 / 201-957-1800 /
25 East Salem Street, Hackensack, NJ <https://www.cbhcare.com/>

Vantage Health System - 201-567-0059
2 Park Avenue, Dumont, NJ <https://www.vantagenj.org/>

West Bergen Mental Health - 201-485-7172
860 Wyckoff Avenue, Ramsey, NJ <https://www.westbergen.org/>

Additionally, other agencies locally include:

Jewish Family Services of Northern NJ 201-837-9090
85 Teaneck Road, Teaneck, NJ <https://www.ifcsnnj.org/>

Christian Health Care Center (201) 848-5500
301 Sicomac Ave, Wykoff, NJ <https://christianhealthcare.org/>

There are also many independent licensed practitioners providing therapy in Tenafly and the surrounding area. **Psychology Today** also has a resource to find a local therapist, utilizing zip code, and sorting therapists by insurance accepted. www.psychologytoday.com

This resource is provided for informational purposes only and is not intended to be a substitute for professional advice, diagnosis, or treatment or to indicate endorsement by the District or Board for any particular service or agency. Always seek the advice of your mental health professional or other qualified health care provider with any questions you may have and consider your provider's guidance in determining the best course of action in your particular circumstance. The listed resources are provided for your reference. Their inclusion is not an endorsement or recommendation by the District or Board.