

Topic	Resource Title	website
Coping with stress during infectious disease outbreak		<a href="https://store.samhsa.gov/system/files/sma14-4885.pdf">https://store.samhsa.gov/system/files/sma14-4885.pdf</a>
Referrals for Mental Health or Substance Abuse Treatment	SAMHSA's National Helpline PHONE: 1-800-662-4357	<a href="https://www.samhsa.gov/find-help/national-helpline">https://www.samhsa.gov/find-help/national-helpline</a>
Substance Abuse Treatment	Monroe County Treatment providers	<a href="https://ncadd-ra.org/wp-content/uploads/2020/01/MC-OASAS-Certified-Treatment-Provider-Referral-Directory-January-2020.pdf">https://ncadd-ra.org/wp-content/uploads/2020/01/MC-OASAS-Certified-Treatment-Provider-Referral-Directory-January-2020.pdf</a>
Phone & Online 12 step programs	Recovery Services with Phone or Online mtgs	<a href="https://ncadd-ra.org/wp-content/uploads/2019/02/12-Step-Programs-Directory-2019-January.pdf">https://ncadd-ra.org/wp-content/uploads/2019/02/12-Step-Programs-Directory-2019-January.pdf</a>
MH Emergency Support	Mobile Crisis Support: PHONE: 1-585-529-3721	<a href="https://www.urmc.rochester.edu/mental-health-wellness/emergency-services/monroe-mobile-crises-team.aspx">https://www.urmc.rochester.edu/mental-health-wellness/emergency-services/monroe-mobile-crises-team.aspx</a>
National Suicide Prevention Lifeline	National Suicide Prevention Hotline PHONE: 1-800-273-8255	<a href="https://suicidepreventionlifeline.org/">https://suicidepreventionlifeline.org/</a>
Therapist locator	Psychology Today	<a href="https://www.psychologytoday.com/us">https://www.psychologytoday.com/us</a>
Free Social/Emotional Resources	Free Social/Emotional Learning Resources	<a href="https://www.thepathway2success.com/free-social-emotional-learning-resources/">https://www.thepathway2success.com/free-social-emotional-learning-resources/</a>
Mental Health	Mental and Behavioral Resources	<a href="https://kidsthive585.org/teens/mental-behavioral-health/">https://kidsthive585.org/teens/mental-behavioral-health/</a>
Social/Emotional Resources	Plant Love Grow	<a href="http://www.plantlovegrow.com/vision--self-knowledge.html">http://www.plantlovegrow.com/vision--self-knowledge.html</a>
Self-care for mental health professionals	same, from NASP	<a href="https://www.nasponline.org/resources-and-publications/resources-and-podcasts/mental-health/self-care-for-school-psychologists">https://www.nasponline.org/resources-and-publications/resources-and-podcasts/mental-health/self-care-for-school-psychologists</a>
Mental Health topics w/resources, worksheets, guides	Therapist Aid	<a href="https://www.therapistaid.com/therapy-worksheet/self-esteem-sentence-completion/self-esteem/children">https://www.therapistaid.com/therapy-worksheet/self-esteem-sentence-completion/self-esteem/children</a>
Talking with Children about COVID 19	Talking with Children about COVID 19, A Parent Resource	<a href="https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource">https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource</a>
Building Resiliency	Helping Children Learn to Weather Tough Times	<a href="https://www.nasponline.org/resources-and-publications/resources-and-podcasts/mental-health/prevention-and-wellness-promotion/building-resiliency-helping-children-learn-to-weather-tough-times">https://www.nasponline.org/resources-and-publications/resources-and-podcasts/mental-health/prevention-and-wellness-promotion/building-resiliency-helping-children-learn-to-weather-tough-times</a>