1. The **Centers for Disease Control & Prevention** is THE source for accurate, timely information about COVID-19.

If you suspect you or your child may have COVID-19, call your healthcare facility to let them know before you come in.

**Don't Know Where to go for medical help? Looking for a local healthcare support, and not just for COVID related concerns?**

Get in touch with the **Codman Square Health Center** at 637 Washington Street, Dorchester, MA. Call 617-825-6550. Codman Square Health Center is the school's long-standing partner. At Codman, Urgent Care is OPEN TO ALL, anyone who is sick and wants to be seen can walk in to the Urgent Care. The health center is committed to providing the best support to you and your family.

2. **Telehealth** in COVID-19 Times:

**What is telehealth?**
The Health Resources Services Administration defines telehealth as the use of electronic information and tele-communications technologies to support long-distance clinical health care, patient and professional health-related education, public health and health administration. Technologies include videoconferencing, the internet, store-and-forward imaging, streaming media, and terrestrial and wireless communications.

   a) The **Department of Public Health** has issued guidance that requires all commercial insurers, self-insured plans, and the Group Insurance Commission are required to cover medically necessary telehealth services related to COVID-19 testing and treatment. Insurers must do this without requiring cost-sharing of any kind – such as copays and coinsurance – for testing and treatment.

   b) Tufts Health Plan: **Telehealth/Telemedicine**: Tufts Health Plan will compensate providers at 100% of the in-office rate as specified in their provider agreements or fee schedules for telehealth. All Tufts Health Plan contracting providers can provide telemedicine services to our members (medical, behavioral health and ancillary health visits). This will also include telephone consultation. Tufts Health Plan will waive member cost share for any primary care and behavioral health service. This applies for all diagnoses and is not specific to a COVID-1.  

   c) From Blue Cross Blue Shield: **Telehealth Services**. BCBS video on how to telehealth.

3. **National Alliance on Mental Illness (NAMI)**: NAMI Helpline: 1-800-950-6264 (available M-F 9 am-5 pm CST)

4. **SAMHSA: National Helpline**: SAMHSA’s National Helpline (1-800-662-HELP / 1-800-662-4357) is a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/ or substance use disorders.

5. **SEL Resources for Parents, Educators & School Communities Related to COVID-19**: This website hosts a whole wealth of resources, including Adult Self-Care Tips

6. **Important Numbers**:
   - Crisis Text Line: Text TALK to 741741 (available 24/7)
   - National Suicide Prevention Lifeline: 1-800-273-TALK (8255) (available 24/7)
7. **The American Foundation for Suicide Prevention (AFSP):** Taking Care of Your Mental Health in the Face of Uncertainty: "It’s important to note that we are not helpless in light of current news events. We can always choose our response. If you are struggling, here are some things you can do to take care of your mental health in the face of uncertainty:

   a) **Separate what is in your control from what is not.** There are things you can do, and it’s helpful to focus on those. Wash your hands. Remind others to wash theirs. Take your vitamins. Limit your consumption of news (Do you really need to know what is happening on a cruise ship you aren’t on?).

   b) **Do what helps you feel a sense of safety.** This will be different for everyone, and it’s important not to compare yourself to others. It’s ok if you’ve decided what makes you feel safe is to limit attendance of large social events, but make sure you separate when you are isolating based on potential for sickness versus isolating because it’s part of depression.

   c) **Get outside in nature—even if you are avoiding crowds.** Exercise also helps both your physical and mental health.

   d) **Challenge yourself to stay in the present.** Perhaps your worry is compounding—you are not only thinking about what is currently happening, but also projecting into the future. When you find yourself worrying about something that hasn’t happened, gently bring yourself back to the present moment. Notice the sights, sounds, tastes and other sensory experiences in your immediate moment and name them. Engaging in mindfulness activities is one way to help stay grounded when things feel beyond your control.

   e) **Stay connected and reach out if you need more support.** Talk to trusted friends about what you are feeling. If you are feeling particularly anxious or if you are struggling with your mental health, it’s ok to reach out to a mental health professional for support. You don’t have to be alone with your worry and it can be comforting to share what you are experiencing with those trained to help.

   f) **We are in this together, and help is always available.** If you’re feeling alone and struggling, you can also reach out to The Crisis Text Line by texting TALK to 741741 or National Suicide Prevention Lifeline at 1-800-273-TALK.

8. **Common Sense Education: Reduce Student Anxiety (and Your Own) During Uncertain Times,** Tips and resources for news literacy, media balance, and healthy communication

   **Meditation Apps for Kids:** Meditation can be done almost anytime and anywhere (ideally not while operating heavy machinery)

   • Sometimes a 30-second meditative reset can be as effective as a 30-minute meditation
   • Meditation can be done with your eyes open or closed, while sitting, lying down, standing, or even walking/running (using the rhythm of walking/running and the connection to the earth to ground and center you)
   • Meditation takes practice

   **Tips and Techniques:**

   • Make it fun – meditation doesn’t have to be serious – pause for a deep breath or stand for a stretch break (touching your toes puts you in an inversion creating space for you to see things differently – upside down – sometimes a short shift in perspective changes everything)
• Use visuals (e.g., Sitting on the stump of a tree and letting the stump ground you and support you; A gold sun shining down to energize you like it does the trees; A bubble around you to define your space)

9. **Learn2Cope**: Teen Resources

**Non-Health Related Resources:**

1. **Totally the Bomb**: Here’s the [Entire List of College Courses](#) students can take for free during these times.

2. Pulitzer Center education team and [Share My Lesson](#) as they present materials to support student engagement with The 1619 Project, including their lesson for Nikole Hannah-Jones's lead essay, a reading guide for the issue, and extension activities.

3. For a youth-friendly resource on the science-based aspects of COVID-19, see [Live Science’s](#) website and online guide

4. **Attorney General Maura Healey**: Follow the Attorney General for current information on COVID-19 issues involving immigration law, scams and identity theft, and workers’ rights and unemployment

5. **Comcast-Owned & Operated Internet Essentials**: In response to emergency measures associated with Coronavirus (COVID-19), Internet Essentials will increase speeds from 15/2 Mbps to 25/3 Mbps for all customers. This speed increase will happen automatically - no action is required by customers. In addition, new customers will receive two months of free service. Click [HERE](#) for more details.

**NOTE:** Step 1 is to qualify. You may qualify for Internet Essentials if:

- You are eligible for public assistance programs such as the National School Lunch Program, Housing Assistance, Medicaid, SNAP, SSI and others.
- You do not have outstanding debt to Comcast that is less than a year old. Families with outstanding debt more than one year old may still be eligible.
- You live in an area where Comcast Internet service is available.
- You are not an existing Xfinity Internet customer and have not subscribed to Xfinity Internet in the last 90 days.