



## Parent Resources for Coronavirus

### Articles/Information:

- [Coronavirus Anxiety: 4 Ways to Cope with Fear](#)
- [How to Talk to Your Kids About Coronavirus - PBS](#)
- [Parent/Caregiver Guide to Helping Families Cope | Spanish version](#)
- [Talking to Children about COVID-19 Parent Guide | Spanish version](#)
- [How To Talk to Kids and Teens About the Coronavirus](#)
- [43 Fun activities to do during Coronavirus Outbreak](#)
- [Tips for Social Distancing | Spanish version](#)

### Mental Health Resources:

- [Anxiety and Depression Association of America](#)
- [Grant Halliburton Foundation](#)
- [Here For Texas](#)
- [Mental Health Crisis Services](#)- Texas Health and Human Services
- [Mental Health & Substance Use](#) -Information from Texas HHS
- [NAMI Texas](#)
- [North Texas Behavioral Health Authority](#) 1-866-260-8000

### Community Resources for Families:

The following may provide a variety of services from financial support to emergency assistance.

- [211 Texas](#)
- [Coppell Cares](#)
- [Denton County Friends of the Family](#)
- [Irving Cares Home](#)
- [Metrocrest Services](#)
- [North Texas Food Bank](#)