



Cheltenham Township Substance Abuse and Mental Health Committee
Coping in times of COVID-19

INFORMATION FOR EVERYONE

If you are in need of food in Pennsylvania

- [PA Compass Website](#)
- [Feedings Pennsylvania](#)
- [Hunger-Free Pennsylvania](#)

If you are in need of mental health services

- [PA Office of Mental Health and Substance Use Services \(OMHSAS\)](#)
- [Mental Health America](#)
- [PA Department of Drug and Alcohol Programs](#)
- [Mental Health First Aid for COVID-19 Online](#)
- [People Seeking Treatment - Mental Health](#)
- [Helpline | NAMI: National Alliance on Mental Illness](#)
- [COVID-19: Experts hasten to head off mental health crisis](#)
- [Lori Gottlieb's Books to Boost Mental Health \(16 books\)](#)

Support Phone Numbers

- National Suicide Prevention Lifeline: **1-800-273-TALK (8255)**
- The Crisis Text Line: **Text "PA" to 741-741**
- Veteran Crisis Line: **1-800-273-TALK (8255)**
- Disaster Distress Helpline: **1-800-985-5990**
- Get Help Now for substance use disorder and alcohol treatment: **1-800-662-HELP (4357)**

Online AA Meetings:

This site often is undergoing maintenance, but when it is, there is a phone number up that people can call and ask that a list of online resources be sent to them. There are many AA meetings happening over zoom now!

[Online AA Meetings](#)

List of online Narcotics Anonymous (NA) meetings:

[Virtual NA Meetings All Over The World](#)

Health/Exercise/Activities - Greater Philadelphia YMCA Library of on-demand workouts:

[AT HOME WORKOUTS](#)

Free Online classes:

[Self-Isolating? Learn Something With These Freebies](#)

AACAP is pleased to present the inaugural episode of SCREENSIDE CHATS "Improvised Telepsychiatry: When

Everything Can't be Perfect", from Gabrielle A. Carlson, MD, AACAP. SCREENSIDE CHATS is a new product created to share timely information from member-experts on key topics during the COVID-19 pandemic:
[Screenside Chats](#)

Social Isolation and Anxiety and COVID-19
[How to Handle Coronavirus Isolation and Anxiety](#)

[WSJ Health & Wellness](#)

[Your Video Therapist Will See You Now](#)

Sessions have gone virtual amid the coronavirus pandemic, raising new challenges.

By Andrea Petersen. April 26, 2020

[A pdf copy available here](#)

Resources available near you. Find social services that serve your area, anywhere in the US:

[Community Resource Connects](#)

[AID in PA](#) is a resource collection for Pennsylvanians in the autism and intellectual disability communities. This site is designed to connect individuals with disabilities, families, professionals, and community members with resources that can best serve them in emergency situations. Current resources focus on the ongoing COVID-19 crisis; however, this site can be adapted to for other challenges facing the community.

Self-Care strategies: [Ways to Practice Self-Care](#)

Masks: [Getting Masks Correct a Key Coronavirus Strategy](#)

WEBMD BLOGS: [Tips for Better Sleep During the COVID-19 Pandemic](#)

INFORMATION FOR CHILDREN

Sesame Street teaches Meditation:

[Sesame Street: I-Sense with Cookie Monster | Monster Meditation #1](#)

Red Cross suggestions for kid activities:

[Children at Home Share These Kid-Friendly Activities](#)

[Answers for Kids' Pandemic Questions](#)

21 Meals kids will love:

[21 Budget-Friendly Dinners Kids Will Love](#)

[Helping kids grieve what they lost during COVID-19 by WebMD](#)

INFORMATION FOR STUDENTS

[FREE NY Times for Students](#)

INFORMATION FOR FAMILIES

Family Community Resources:

[Family Resource Line](#)

AACAP's Coronavirus Resource Library-Updated resources for parents, patients, and clinicians to help with the impact of the coronavirus:

[AACAP Resource Library on Coronavirus](#)

Varsity Tutors-For parents who have children struggling with at home learning:

[Find Award-Winning Tutors in Our Area](#)

INFORMATION FOR OLDER ADULTS

How to help older adults during this pandemic:

[How to Help Isolated Older People During a Coronavirus Outbreak](#)

VOLUNTEER OPPORTUNITIES

One way to register to volunteer is with ServPa, which is a secure, confidential registry for both medical and non-medical volunteers. Registering simply means being open to the idea of volunteering but does not necessarily mean you will be contacted. The link and more information is listed below:

[SERVPA, the Commonwealth of Pennsylvania's online registry for medical and non-medical volunteers](#)

GENERAL COVID-19 INFORMATION

CDC Guidelines for COVID-19

How to Protect Yourself | What to Do If You Are Sick

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

World Health Organization

[Coronavirus disease \(COVID-19\) Pandemic](#)

Montgomery County, PA COVID-19 Resources

County Testing Information | State Orders | County Maps & Data

[COVID-19 Resources - Montgomery County, PA](#)

COVID-19 General Coping Suggestions:

[Coping with Coronavirus \(COVID-19\)](#)