

Support Resources for AZRLS Staff & Families During COVID-19

If you or someone you know is struggling with fear, anxiety, depression, stress, substance abuse, domestic violence/abuse, or emotional distress as a result of being isolated, living alone, or under quarantine due to the COVID-19 crisis, please contact one of these support centers/hotlines listed below. Don't be afraid to reach out and to ask for help.

YOU ARE NOT ALONE.

Stay safe, stay well, stay home! Let's flatten the curve together!

Georgia COVID-19 Emotional Support Line
866-399-8938

Georgia Department of Behavioral Health & Developmental Disabilities | BHL | beacon

DPH
GEORGIA DEPARTMENT OF PUBLIC HEALTH

COVID-19 Hotline
(844) 442-2681
The State of Georgia has a new COVID-19 hotline. If you believe that you are experiencing symptoms of COVID-19 or have been exposed to the novel coronavirus, please contact your primary care doctor or an urgent care clinic. Please do not show up unannounced at an emergency room or health care facility.

A CRISIS HAS NO SCHEDULE
Georgia Crisis & Access Line
1-800-715-4225
GeorgiaCollaborative.com
Help is available 24/7 for problems with developmental disabilities, mental health, drugs, or alcohol.
Provided through the Georgia Collaborative ASO

CARES WARM LINE

CARES Warm Line
1-844-326-5400
Substance Abuse Challenges
Call or Text Every Day of The Year
8:30AM - 11:00PM

Domestic Abuse Hotline: 1-800-334-2836 |

<https://gcadv.org/projects-and-initiatives/statewide-domestic-violence-hotline/>

<https://gcadv.org/get-help/>: Domestic violence programs offer victims and their families a variety of services in the community and are here to support you **24 hours a day**.

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Anxiety & Stress Relief

Bird Library livestream - watch birds come to the library & enjoy nature: also on YouTube

<https://www.birdlibrary.org/>

The Cornell Lab: All About Birds (live cam feature) - <https://www.allaboutbirds.org/news/>

<https://www.allaboutbirds.org/cams/>

Nature / How nature makes you kinder, happier, and more creative -

https://greatergood.berkeley.edu/article/item/how_nature_makes_you_kinder_happier_more_creative?utm_source=Jo+Hackl-+Author&utm_campaign=92f64a0fb6-EMAIL_CAMPAIGN_2019_11_06_08_47_COPY_01&utm_medium=email&utm_term=0_9da9d1aef0-92f64a0fb6-192774273

Field Trip Fridays | Museum At Home - Participating Agencies:(Click on link for URL)

[Atlanta Botanical Garden](#)

[Atlanta History Center](#)

[Breman Museum](#)

[Children's Museum of Atlanta](#)

[College Football Hall of Fame](#)

[Fernbank Museum, 3D Theater and Forest](#)

[Georgia Aquarium](#)

[High Museum of Art](#)

[Michael C. Carlos Museum of Emory University](#)

[National Center for Civil and Human Rights](#)

[Zoo Atlanta](#)

Crafts - Feather bookmark pattern and tutorial -

<https://www.goodshomedesign.com/pretty-feather-free-crochet-patterns/>

Kennesaw State University Virtual Book Club -

<https://historymuseum.kennesaw.edu/education/digital-education/Virtual%20Book%20Clubs.php>

Pinterest - suggested search terms: managing anxiety, calm, mindfulness, mediation,

grounding techniques. Sign-up for an account to access the site: <https://www.pinterest.com/>

TedTalks - suggested search terms: mediation, mindfulness, controlling anxiety, managing

stress: <https://www.ted.com/talks>

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Center for Puppetry Arts - Live Streamed puppet shows and entertainment for the entire family: <https://puppet.org/center-for-puppetry-arts-home/>

Atlanta Zoo - Live streaming: <https://zooatlanta.org/panda-cam/> | Facebook: https://www.facebook.com/ZooATL/?eid=ARDhdNMqix3WVyNNR3BXMv9V-Y17S3wXaCafhcalEDtLxndeB5Y4eOuMEPOSzZApuxBbkd9t_YzOvoUq

Georgia Aquarium - Live streaming from the Ga Aquarium's Ocean Voyager Webcam: <https://www.georgiaaquarium.org/webcam/ocean-voyager/>
Kittens @ the Aquarium: https://youtu.be/hWsk_58ymdo

From Book Riot, April 3, 2020, newsletter:

- [10 bookish podcasts](#) to distance yourself from the news.
- [5 bookish ways to stay connected](#) amidst the quarantine.
- [Download free coloring pages](#) from over 100 museums and libraries around the world.

7 short poems to recite while washing hands:

<https://bookriot.com/2020/03/16/short-poems-to-recite-while-you-wash-your-hands/>

Advice on coping with social isolation from *Where the Crawdads Sing* -

<https://bookriot.com/2020/03/25/advice-from-where-the-crawdads-sing-on-coping-with-social-isolation/>

Penguin Random House books on well-being -

https://www.penguinrandomhouse.com/cc/wellness?ref=PRHAF7743445Co2&linkid=PRHAF7743445Co2&cdi=1A8461D2AD5C09B6E0534FD66BoA25DF&template_id=16186&aid=randohouseinc4023-20

Ways to take care of yourself in the “new normal” -

<https://knowledgequest.aasl.org/taking-care-of-ourselves-in-the-new-normal/>

LittlePuddins Blog - Little Puddins Blog has a nice, English language “Coronavirus Social Story.”

BrainPOP - Coronavirus – BrainPOP is a surprisingly entertaining, at time humorous, basic explanation of COVID-19 and needed precautions for elementary age children and young teens.

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[NPR's Goats and Soda](#) - Basic information for youth in a graphic format that can be read in the Blog or downloaded and folded into a zine.

[Taking Care of Your Behavioral Health](#) - Information from the Substance Abuse and Mental Health Services Administration: This tip sheet describes feelings and thoughts you may have during and after social distancing, quarantine, and isolation. It also suggests ways to care for your behavioral health during these experiences and provides resources for more help.

[Care for Your Coronavirus Anxiety](#): An interactive and up-to-date resource from [Mental Health America](#) and [Shine](#), with free meditations, information on isolation, and how to structure your day. It also has tips on how to talk to children about the virus.

[The Science of Well-Being](#): A free, structured online learning course with videos and readings, where you will engage in a series of challenges designed to increase your own happiness and build more productive habits. Offered by Yale University.

[The Happiness Lab](#): A podcast by Yale professor Dr Laurie Santos (of The Science of Well-Being course) that will take you through the latest scientific research and share some surprising and inspiring stories that will forever alter the way you think about happiness.

\$\$ Finances \$\$

Department of Human Services - Temporary Assistance for Needy Families (TANF) is the monthly cash assistance program, with an employment services component, for low-income families with children under age 18, and children age 18 and attending school full-time.

<https://dfcs.georgia.gov/services/temporary-assistance-needy-families>

SNAP Program - The Georgia Food Stamp Program (Supplemental Nutrition Assistance Program (SNAP)), is a federally-funded program that provides monthly benefits to low-income households to help pay for the cost of food. A household may be one (1) person living alone, a family, or several unrelated individuals cohabitating who routinely purchase and prepare meals together. <https://dfcs.georgia.gov/food-stamps>

From Consumer Financial Protection Bureau - COVID-19 resource page:

<https://www.consumerfinance.gov/coronavirus/>

Tips for staying on top of finances -

https://www.consumerfinance.gov/about-us/blog/stay-on-top-of-finances-during-coronavirus-pandemic/?utm_source=newsletter&utm_medium=email&utm_campaign=wc&utm_term=April820

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Protect yourself financially from impact of Coronavirus(COVID-19) -

https://www.consumerfinance.gov/about-us/blog/protect-yourself-financially-from-impact-of-coronavirus/?utm_source=newsletter&utm_medium=email&utm_campaign=OFE_libraries

Prioritizing bills worksheet -

https://files.consumerfinance.gov/f/documents/cfpb_your-money-your-goals_prioritizing_bills_tool_2018-11_ADA.pdf

Avoid scams and fraud while finding help during quarantine -

https://www.consumerfinance.gov/about-us/blog/avoid-scams-find-help-during-quarantine/?utm_source=newsletter&utm_medium=email&utm_campaign=wc&utm_term=April820

Coronavirus (COVID-19) Info & Rumor Control

Georgia Health Departments for our Region -

Greene, Morgan, Walton: <http://publichealthathens.com/wp/>

Hancock: Hancock County Health Department, PO BOX 398, Sparta, GA 31087-0398 | Phone: **(706) 444-6616** | Email Department: david.harvey@dph.ga.gov

Jasper: Jasper County Health Department, 366 E Greene St., Monticello, GA 31064 | Phone: **(706) 468-6850** | Email Department: david.harvey@dph.ga.gov

Putnam: Putnam County Health Department, 103 N Washington Ave., Eatonton, GA 31024-1142 | Phone: **(706) 485-8591** | Email Department: david.harvey@dph.ga.gov

GA Dept. of Behavioral Health coronavirus information & resources -

<https://dbhdd.georgia.gov/covid-19>

GA Dept. of Public Health coronavirus updates and guidance for individuals -

<https://dph.georgia.gov/novelcoronavirus>

Johns Hopkins - Track how the novel coronavirus is spreading around the globe with up-to-date visuals that give context to the data collected on Johns Hopkins University's COVID-19 map: <https://coronavirus.jhu.edu/data> | <https://coronavirus.jhu.edu/map.html>

Johns Hopkins - Experts from the Johns Hopkins BSPH offer science and evidence-based insights on the public health news of the day. The current focus is the novel coronavirus spreading around the world: <https://www.jhsph.edu/podcasts/public-health-on-call/>

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[WHO \(World Health Organization\)](#) - WHO, another transnational resource, has information and updates on the spread of COVID-19 in multiple languages.

The National Library of Medicine's [MEDLINEPLUS](#) - In general MEDLINEPLUS is a first-line resource for medical information, and includes information in Spanish and other languages.

[ALA's Pandemic Preparedness Resources for Libraries](#) - Provides information about preparing for a pandemic, including library-specific policy suggestions and more universal resources on pandemic education, prevention and preparation.

[Center for Disease Control \(CDC\)](#) - The CDC is usually a reliable source of information.

Procedures for Self-Quarantine under Covid-19

Self-quarantine is recommended for individuals who have been directly exposed to the new Coronavirus or have history of travel in infected or heavily populated areas.

<p>Stay at home.</p> <p>Limit all your non-essential travels.</p> <p><i>Unless you're going out for food, medicines or other essentials.</i></p> 	<p>Wash your hands.</p> <p>Practice good hand hygiene by washing your hands with soap and water or using alcohol or hand sanitizer.</p> 
<p>Check your temperature.</p> <p>Check your temperature at least two times a day.</p> 	<p>Stay in a specific room.</p> <p>If you're sick or suspect yourself to be sick, it's best to stay in a designated room or area away from others.</p> <p><i>If possible, have a designated toilet and bathroom as well.</i></p> 
<p>Watch for other symptoms.</p> <p>Aside from fever, Covid-19 symptoms include cough, difficulty breathing, and fatigue.</p> 	<p>Call your doctor or hospital before visiting.</p> <p>If you need to seek medical attention whether for viral symptoms or other medical care reasons, contact your doctor or hospital ahead of time so they can prepare and take precautions for your arrival.</p> 
<p>Practice social distancing.</p> <p>If you need to go out, maintain at least 1 meter (3 feet) distance from others.</p> 	

Source • Centers for Disease Control and Prevention (cdc.gov)

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CFPB Avoiding scams while finding help during quarantine -

https://www.consumerfinance.gov/about-us/blog/avoid-scams-find-help-during-quarantine/?utm_source=newsletter&utm_medium=email&utm_campaign=wc&utm_term=April820

FEMA Coronavirus Rumor Control - <https://www.fema.gov/Coronavirus-Rumor-Control>

FDIC Frequently asked questions for bank customers affected by COVID-19 -

<https://www.fdic.gov/coronavirus/faq-customer.pdf>

FTC Social distancing from COVID-19 robocalls -

<https://www.consumer.ftc.gov/blog/2020/03/socially-distancing-covid-19-robocall-scams>

The [Occupational Safety & Health Administration \(OSHA\)](#) provides [Guidance on Preparing Workplaces for an Influenza Pandemic](#), with information on [ways influenza can spread](#) and [steps every employer can take](#) to reduce the risk of exposure to pandemic influenza in their workplace.

Accessibility Resources:

GLASS: <https://georgialibraries.org/glass/>

Talking Books - Georgia Public Library Service / Georgia Libraries for Accessible Statewide Services (GLASS) supports accessible library services in Georgia by promoting the use of assistive technology and by providing accessible reading materials to those who, due to a disability, are unable to read standard print.

During this temporary suspension of cartridge and player circulation, GLASS members will need to read accessible materials via BARD and/or BARD mobile.

<https://georgialibraries.org/glass/covid-19-and-glass-updates/>

[Getting registered for BARD](#)

[Navigating BARD Mobile app in Android](#)

Instructions for the temporary GLASS application approval process

If you're downloading to your computer, you can find BARD books through the [GLASS catalog](#) or the [NLS catalog](#). You can then [download BARD books using a computer](#). While BARD books

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can't be played on a computer, you can download them to a flash drive or cartridge.

<https://georgialibraries.org/glass/bard/>

Using the BARD mobile app, you can download books directly to your smartphone or tablet.

[BARD Mobile app link for Android users](#) [Mobile app link for iOS users](#)

Free Apps:

TuneIn Radio - Listen to free internet radio, sports, music, news, talk and podcasts. Stream live events, live play-by-play NFL, MLB, NBA, NHL, college football, NCAA basketball, and more!

FREE APP : <https://tunein.com/get-tunein/> | <https://tunein.com/radio/Calm-Radio-a38725/>

My Fitness Pal - Stay active! Smartphone app and website that tracks diet and exercise. The app uses gamification elements to motivate users. To track nutrients, users can either scan the barcodes of various food items or manually find them in the app's large pre-existing database. Most features are free. FREE APP | Website: <https://www.myfitnesspal.com/>

Android: <https://play.google.com/store/apps/details?id=com.myfitnesspal.android>

iPhone: <https://apps.apple.com/us/app/myfitnesspal/id341232718>

Calm - mostly free though some pay content; available for Android and Apple devices

<https://www.calm.com/>

Relax Melodies - Select some relaxing sounds, add a dash of nature, combine with a melody, and hey presto: your sleep-inducing melody is complete. A choice of mindfulness meditations can be laid over the top of the mix to lure you soundly to sleep. FREE APP

Android: <https://play.google.com/store/apps/details?id=ipnossoft.rma.free> | iPhone:

<https://apps.apple.com/us/app/relax-melodies-sleep-sounds-white-noise-and-fan/id3144987>

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Recolor - More than 1,000 images are provided on Recolor to help you relax, rest your mind, and send you into a Zen-like meditative state. New pictures appear daily. FREE APP

Android: <https://play.google.com/store/apps/details?id=com.sumoing.recolor> | iPhone:

<https://apps.apple.com/us/app/recolor-coloring-book/id1027352017>

Relax and Sleep Well - The app includes four free stress-busting hypnotherapy and meditation recordings. FREE APP

Android: <https://play.google.com/store/apps/details?id=com.imobilize.relaxsleepwell>

iPhone: <https://apps.apple.com/us/app/relax-sleep-well-by-glenn-harrold/id412690467>

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Mental Health Resources:



State of Georgia Dept. of Behavioral Health and Developmental Disabilities

<https://dbhdd.georgia.gov/be-supported/mental-health-adults>

Suicide Prevention Lifeline: <https://dbhdd.georgia.gov/bh-prevention/suicide-prevention>
1-800-273-8255 (TALK) or 1-800-784-2433 (SUICIDE)

Suicide Prevention Hotlines: Programs that provide immediate **assistance** for individuals who are having suicidal feelings with the objective of helping them explore alternatives to self-harm

<http://211online.unitedwayatlanta.org/MatchList.aspx?vid=2666;c;;0;;N;0;0;Counseling/Crisis%20Services/Human%20Trafficking;Hotlines;43;Suicide%20Prevention%20Hotlines>

Substance Abuse Prevention:

<https://dbhdd.georgia.gov/bh-prevention/substance-abuse-prevention>

- Region 2 Field Office (all of AZRLS is in Region 2)
<https://dbhdd.georgia.gov/regional-field-offices/region-2-field-office>

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- Georgia Crisis and Access Line, available 24/7
1-800-714-4225
- Georgia COVID-19 Emotional Support line
1-888-399-8938

National Alliance on Mental Illness (NAMI) - list of Georgia resources and contact info
<https://namiga.org/community-resources/> | **Georgia Crisis & Access Line: (800) 715-4225**
<https://namiga.org/crisis-info/>

Resources to Recover - list of Georgia resources and contact info
<https://www.rtor.org/directory/mental-health-resources-in-georgia/>

Mental Health America of Georgia - list of Georgia resources and contact info
<https://www.mhageorgia.org/getting-help/>

Georgia HOPE - does charge a fee; may be free for Medicaid and DFCS clients
<https://us8.campaign-archive.com/?e=&u=dd55foce77257e4c7557e385c&id=166a69288f>

United Way of Atlanta - list of Georgia resources and contact info
<http://211online.unitedwayatlanta.org/MatchList.aspx?k;;o;;N;o;o;Community%20Mental%20oHealth%20Agencies;;;o;N> | Find community resources in your area; enter zip code & search:
<http://www.navigateresources.net/uwng/>

COVID-19 resources: <https://www.unitedwaynega.org/covid-19-resources>

Children and Family Resources:



Prevention and Community Support - community-based and statewide organizations to build strong families and reduce child maltreatment through collaborative partnerships, funding and promoting evidence-based programs and services:

<https://dfcs.georgia.gov/services/prevention-and-community-support-section>

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Child Protective Services - Staff investigate reports of child abuse and/or neglect in an effort to provide services to protect the child and strengthen the family. 24/7 Hotline: **1-855-422-4453**
<https://dfcs.georgia.gov/services/child-abuse-neglect>

[Kids Health form Nemours](#) - Kids Health has information on COVID-19 for children in English and Spanish and available in audio. Other sections of their website have information for parents.

WomensLaw.org - provides information that is relevant to people of all genders, not just women. Their [Email Hotline](#) will provide legal information to anyone who reaches out with legal questions or concerns regarding domestic violence, sexual violence, or any other topic covered on WomensLaw.org: <https://www.womenslaw.org/find-help/ga>

Georgia Advocates and Shelters:

<https://www.womenslaw.org/find-help/ga/advocates-and-shelters/statewide-programs>

By County: <https://www.womenslaw.org/find-help/ga/advocates-and-shelters/local-programs>

Women's Resource Center to End Domestic Violence: meets the immediate and long-term needs of the diverse community of battered women and their children with programs that promote safety, compassion, connection, advocacy, and prevention.

<https://www.wrcdv.org/home> | Help A Friend: <https://www.wrcdv.org/help-a-friend>

Recognizing Abuse & Safety Tips: <https://www.wrcdv.org/getting-help>

Personal Safety Plan:

https://fae8fa85-00e6-4ed0-b954-boof5c821692.filesusr.com/ugd/cc0c4a_63e26a39ca8c46ccba4ff039a8b4c18d.pdf