

Resources for Coping

(staying emotionally well during this difficult time!)

Basic Needs:

Bucks County COVID-19 Helpline: 215-399-5681

Resources for Seniors:

Call Area Agency on Aging: 267-880-5700. The number is answered Mon-Fri 8:30-4:30, after hours you can leave a message and your call will be returned

Food Resources:

Anyone who is on the free or discounted lunch program in most school districts is entitled to a free breakfast and/or lunch. You do not need to complete any paperwork, just go at the designated hours:

<https://www.uwbucks.org/food-distribution-for-students/?fbclid=IwAR0bGTsAODQdT8EIOlvi2CVorqDT1tRtCqL5-iSsDJV4smEY2LNvpBAsJI>

Parents who are not able to find formula for their babies in stores: call the number on the back of the box and will be sent a case of formula.

Internet:

Comcast is offering free internet to low-income families during this time:

<https://internetessentials.com/>

Spectrum is offering free internet to students to help with online learning:

<https://www.spectrum.com/browse/content/spectrum-internet-assist>

Hotlines/Warm Lines:

Peer Support Talk Line: 855-715-8255 (call) or 267-225-7785 (text) 1-9 daily

Peer Support for Teens: 866-825-5856 (call) or 215-703-8411 (text) 1-9 daily

National Domestic Violence Hotline: 1-800-799-7233

National Suicide Prevention Lifeline: 1-800-273-8255

Bucks County Mobile Crisis (they will come to you if you are having a mental health emergency)- 877-435-7709, <https://www.lenapevf.org/crisis-services/mobile-crisis/>

Lenape Valley Warm Line (for peer support) - 215-896-9717

Coping Strategies:

Coping Strategies For Adults:

Coping and distraction techniques & ideas: <https://www.vibrant.org/safespace/>

Body Scan Technique for Sleep <https://www.youtube.com/watch?v=n4F55PPwC-U>

Box Breathing for Adults Visual <https://www.youtube.com/watch?v=ixfPtdHmGZE>

Mindfulness Breathing <https://www.youtube.com/watch?v=I-SFdhVwrVA>

Night Yoga <https://www.youtube.com/watch?v=BiWDsfZ3zbo> (Yoga with Adrienne has MANY good options!)

Coping Strategies For Kids:

Box Breathing Technique for kids <https://www.youtube.com/watch?v=YFdZXwE6fRE>

Kids Breathing w/ Glitter jar technique (can make a glitter jar to go along with it!
<https://www.youtube.com/watch?v=-Gy1brc8B-c>

Kids yoga YouTube channel: https://www.youtube.com/results?search_query=cosmic+kids+yoga

Ideas for kids who are home from school and resources for parents: <https://kidsactivitiesblog.com/>

For Those Experiencing Grief:

TED Talk:

https://www.ted.com/talks/nora_mcinerny_we_don_t_move_on_from_grief_we_move_forward_with_it?language=en

Grief blog: www.modernloss.com

Apps

PTSD coach (IOS or android) - gives education about PTSD and tools for managing each distressing symptom as well as links to crisis if needed

Mood coach (IOS only) education about depression, PTSD and behavioral activation. Good for both depressive symptoms and ways to find self care activities!

Calm (breathing, sleep stories, meditation- the free version has a good amount

Mindfulness Coach- Leaves on a Stream meditation

Stop, Breathe, & Think- breathing strategies

For a comprehensive list of mental health apps developed by the VA:
<https://mobile.va.gov/appstore/mental-health>

Group Support:

Online Support Groups through NAMI:

<https://namibuckspa.org/support/online-support-groups/> (Specialized groups for Peer support, the LGBTQ+ community, teens, parents, and more!)

For Those in Recovery: (online 12 step meetings)

<https://www.intherooms.com/home/>



Books:

It's OK That You're Not OK by Megan Devine

When Things Fall Apart by Pema Chodron

The Body Keeps the Score by Bessel van der Kolk

Music:

6 hours of soothing music: <https://www.npr.org/2020/03/13/815457669/isle-of-calm-stream-6-hours-of-soothing-music>