

COVID-19 Community Mental Health Resources for Children & Families

Tips for Discussing COVID-19 Related Anxiety with Children

Take care of yourself first.

- Children look to their caregivers for reassurance. Make sure to take time to take care of yourself so you are available to support your children.

Remain calm.

- Remember that children will react to both what you say and how you say it. They will pick up cues from the conversations you have with them and with others.

Reassure children that they are safe.

- Let them know it is okay if they feel upset. Share with them how you deal with your own stress so that they can learn how to cope from you.

Make yourself available to listen and to talk.

- Let children know they can come to you when they have questions.

Pay attention to what children see or hear on television, radio, or online.

- Consider reducing the amount of screen time focused on COVID-19. Too much information on one topic can lead to anxiety.

Provide information that is truthful and appropriate for the age and developmental level of the child.

- Children may misinterpret what they hear and can be frightened about something they do not understand.

Teach children everyday actions to reduce the spread of germs.

- By providing this information, it gives children a sense of control to keep themselves safe.

If school is open, discuss any new actions that may be taken at school to help protect children and school staff.

Adapted from: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/talking-with-children.html>

Montgomery County Community Mental Health Resources

For Children & Adolescents

- [Student Assistance Program Individual & Group Support](#)

Aldersgate Youth Service Bureau

(215) 657-4545

- Abington School District
- Cheltenham School District
- School District of Jenkintown
- Lower Moreland School District
- School District of Upper Moreland
- School District of Springfield Township
- Wissahickon School District

Carson Valley Children's Aid

(215) 233-1960;

extension 305

- Colonial School District
- Lower Merion School District
- Methacton School District
- Norristown Area School District
- Upper Merion Area School District

Creative Health Services

(610) 327-1503

- Perkiomen Valley School District
- Pottsgrove School District
- Pottstown School District
- Spring-Ford Area School District
- Upper Perkiomen School District

Merakey (formerly NHS)

(215) 368-2022

- Hatboro-Horsham School District
- North Penn School District
- Souderton Area School District
- School District of Upper Dublin

- Virtual & In-Person Mental Health Services
 - Commercial Insurance: Contact insurance provider and ask for behavioral health services
 - Medical Assistance Insurance: Contact regional Administrative Case Management Department
 - Western Region: Creative Health Services Administrative Case Management, 610.326.2767
 - Franconia/Salford Region: Penn Foundation, 215.257.6551
 - Lansdale Region: Merakey, 215.368.2022
 - Norristown Region: Central Behavioral Health, 610.277.4600
 - Lower Merion Region: Lower Merion Counseling Services, 610.520.1510
 - Abington Region: Child and Family Focus, 267.818.6190
- Teen Talk Line
 - Provided by Access Services. This is a warm line where teens can speak or text anonymously with a peer about any issues or problems they are facing without fear of judgement. The talk/text lines are available seven days a week from 1:00 PM – 9:00 PM. The line is closely tied to the Montgomery County Mobile Crisis Program and is a supplement to that service. This also allows any true crisis calls to be immediately transferred to a crisis worker.
 - Call 866.825.5856; Text 215.703.8411; Email: teentalkline@accessservices.org

Access Mobile Crisis

1-855-634-HOPE (4673)

Competent and caring crisis workers will help individuals resolve crisis situations like depression or suicidal thoughts through telephone and mobile support when needed.

The team is there to help with immediate crisis situations and *help reduce and manage recurring crisis*.

All services are provided at no charge.

Crisis support is available 24 hours a day, 7 days a week

Virtual Caregiver Support

- Mental Health Partnerships Family Mentor and Advocacy Network of Montgomery County, 267.977.4930
 - Parent/Caregiver Virtual Support Groups: Virtual family support groups where individuals can connect with other parents who share similar experiences, learn about resources, receive non-judgmental support, and share stories of hope and strength. All support groups are co-facilitated by Family Peer Support Partners.
 - Virtual Drop in Office Hours: Weekly virtual drop in office hours, where families and community providers can learn about how the team supports families, ask questions and receive resources and support, and connect face-to-face with the Family Peer Support Partners.
- NAMI Montgomery County, 215.361.7784
 - Virtual support group for parents and caregivers of children and adolescents with mental illnesses. Designed to encourage, support, and empower parents; to provide a support group in a safe and confidential place that is free of charge; and to provide a support group that is led by a trained facilitator who is also the parent of an individual living with mental illness.

Additional Detailed Mental Health Resources

- [Montgomery County Children’s Behavioral Health Guide](#)