

Borough of Tinton Falls OEM Public Health Update (4/3/2020)

As per the Centers for Disease Control and Prevention (CDC) The outbreak of coronavirus disease 2019 (COVID-19) may be stressful for people. Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children. Coping with stress will make you, the people you care about, and your community stronger.

Please see the following agencies that highlight some great ways to manage your stress and keep us emotionally healthy:

COVID-19 Hotlines, Helplines and New Jersey Information:

[New Jersey COVID-19 Information](#)

<https://covid19.nj.gov/>

Or Text NJCOVID to 898-211

Monmouth County Health Department Phone Bank: 732-845-2070

Disaster Response Crisis Counselors will be answering calls from 9 a.m. to 8 p.m. daily.

[NJ COVID-19 Mental Health Hotline: 1-866-202-HELP\(4357\)](#)

www.njmentalhealthcares.org/

Operated by NJ Mental Health Cares and offering support to individuals experiencing anxiety and worry due to Coronavirus. Calls will be answered from 8 a.m. to 8 p.m. seven days a week.

For Youth:

[Coping With Stress During Infectious Disease Outbreaks](#)

<http://www.sptsusa.org/wp-content/uploads/2020/03/Coping-w-Stress-During-Infectious-Disease-Outbreaks.pdf#page=1> Substance Abuse and Mental Health Services Administration

[Letter to My Future Self During COVID-19](#)

Social distancing self-reflection activity. Created by Jacqueline Soboti, LCSW.

<http://www.sptsusa.org/wp-content/uploads/2020/03/Letter-To-My-Future-Self-during-COVID19.pdf#page=1>

[Just For Kids: A Comic Exploring The New Coronavirus](#)

NPR - <https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus>

[Taking Care of Your Mental Health During the Coronavirus Outbreak](#)

American Foundation for Suicide Prevention (AFSP) - https://afsp.org/taking-care-of-your-mental-health-in-the-face-of-uncertainty/?fbclid=IwAR2puSDYGhdy5mDT0z6R6JXJ3m1shqYX9E9rW_42aYcVc-ZgIL6dpDdRNqM

Tips For Social Distancing, Quarantine, and Isolation During an Infectious Disease Outbreak

Substance Abuse and Mental Health Services Administration - <http://www.sptsusa.org/wp-content/uploads/2020/03/Social-Distancing-During-an-Infectious-Disease-Outbreak.pdf>

When the Worst Happens: Loss In Isolation

Society for the Prevention of Teen Suicide - <https://www.sptsusa.org/loss-in-isolation/>

For Parents:

How to Survive being Quarantined with Your Kids

The Mindful Mama Podcast- <https://podcasts.apple.com/us/podcast/how-to-survive-being-quarantined-your-kids-catherine/id716979718?i=1000468341949>

March Madness or Sadness? Dealing with Disappointment Due to COVID-19 Cancellations

Society for the Prevention of Teen Suicide - <https://www.sptsusa.org/march-madness-or-march-sadness/>

A Message to Our Learning Community

Trauma Learning Policy Initiative - <http://www.sptsusa.org/wp-content/uploads/2020/03/NCTSN-COVID-19-Parent-Handout.pdf#page=1>

The New Work/Life Balance: When the Office and School Come Home

American Association of Suicidology

Parent/Caregiver Guide to Helping Families Cope with the Coronavirus Disease

The National Child Traumatic Stress Network - <http://www.sptsusa.org/wp-content/uploads/2020/03/NCTSN-COVID-19-Parent-Handout.pdf#page=1>

Psychological Resources Related to Covid-19

Cleveland Clinic Center for Pediatric Behavioral Health - <http://www.sptsusa.org/wp-content/uploads/2020/03/Psychological-resources-related-to-COVID-19.pdf#page=1>

Talking to Your Children About COVID-19 (Coronavirus): A Parent Resource

National Association of School Psychologists - <https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/helping-children-cope-with-changes-resulting-from-covid-19>

Supporting Children and Adolescents Isolated Due to Coronavirus (COVID-19)

Louisiana State University Health - <http://www.sptsusa.org/wp-content/uploads/2020/03/LSU-Talking-to-Youth-about-CoronaVirus-.pdf>

When the Worst Happens: Loss In Isolation

Society for the Prevention of Teen Suicide - <https://www.sptsusa.org/loss-in-isolation/>