

Resources for talking to your children and easing concerns:

- [“Talking with Children About the Coronavirus Disease”](#) - Centers for Disease Control
- [“How to Talk to Children About the Coronavirus”](#) - Harvard Medical Guidance
- [“Just for Kids: A Comic Explore the New Coronavirus”](#) National Public Radio Child-Friendly Resource and Activity
- [“Talking to Kids About the Coronavirus”](#) - Child Mind Institute
- [“Talking to Children about Covid-19: A Parent Resource”](#) National Association of School Psychologists

Community Resources:

- Children’s System of Care: PerformCare
 - 1-877-652-7624
 - 24 hours a day. Call this number to identify services for children and teens with emotional and behavioral health care challenges, including referral for crisis services.
- Union County Emergency Psychiatric Services
 - 908-994-7131.
 - 24-hour hotline for mobile community outreach, services provided to your child at your location with.
- NJ Crisis Text Line
 - Text 741741
 - 24 hours a day. Connect with a crisis counselor, for students or parents.
- NJ 2-1-1
 - Dial 2-1-1
 - This phone number connect callers to various human services organizations in their community.
- National Parent Helpline
 - 1-855-427-2736
- Family Helpline
 - 1-800-THE-KIDS (843-5437)
 - 24 hours a day. If you’re feeling stressed out, call to speak to a trained volunteer of Parents. Anonymous.