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
- “Talking to Kids About the Coronavirus” - Child Mind Institute

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.