

# Mental Health Resources during COVID-19 for Stoughton Families

Compiled by The OASIS Coalition and The Stoughton Youth Commission



Stoughton Youth Commission  
est. 1975



Stoughton Public Schools

**The Stoughton Youth Commission (SYC)** clinicians are available during business hours for phone consultations and support. Please call us at 781-341-2252 and leave a voicemail for Teresa Tapper (x9453) or Melissa Dawson (x9454). Visit the [SYC facebook page](#) for resources, updates and more information on how to access this support.

**The Stoughton Recreation Department** is sharing lots of resources for activities and hosting some virtual events through their [facebook page](#).

**The Stoughton Public Schools** are “keeping the learning alive” on their [facebook page](#) and posting important updates and resources [on their website](#).

**The Town Of Stoughton** posts important town related updates on their [home page](#) as well as on various Department and the Town Manager’s facebook threads.

**The OASIS Coalition** is sharing resources through the [OASIS facebook](#) and [We Are U-Knighted](#) pages.

## Web Based Resources:

### [Common Sense Media: Help Your Family De-Stress During Coronavirus Uncertainty](#)

-resources for managing stress, staying active, maintaining healthy habits & fun distractions

### [SHINE: Care for Your Coronavirus Anxiety](#)

-a website set up by therapists with tools for managing anxiety, including a Q & A with therapists: [Therapists Answer Your Top Questions about COVID Anxiety](#)

### [National Association of School Psychologists: Talking to Children About COVID-19](#)

### [WIRED: How to Stop a Coronavirus Anxiety Spiral](#)

-plain english article on managing anxiety related to the current situation

### [Childmind Institute: Talking to Kids About the Coronavirus](#)

### [Kidshealth: What Kids can Do](#)

-info for kids on the virus

### [Inside SEL \(Social Emotional Learning\)](#)

-a compilation of resources including adult self-care, resources for families on how to talk about this, but also apps, games, and movies reviewed by common sense media. This page also includes resources for school personnel & learning from home.

## [SAMHSA: Tips for Social Distancing, Quarantine and Isolation During an Infectious Disease Outbreak](#)

## [CDC: Managing Anxiety and Stress](#)

## [That Discomfort You are Feeling is Grief](#)

-article on acknowledging and managing the grief that the Pandemic may be causing for you or your family

## Hotlines:

**Crisis Textline** - Text HOME to 741741 to talk to a Crisis Counselor

**National Suicide Prevention Lifeline** - 1-800-273-8255 to get connected with a local crises worker

**Massachusetts Substance Use Hotline** - 1-800-327-5050 MA resource for finding substance use treatment and recovery services. Services are free and confidential.

## Being an ethical community member during the COVID-19 Pandemic...

### **Beneficence** (promoting good for others)

- Check on neighbours (particularly if they are elderly, or living alone).
- If you have friends or family in isolation, remember to phone or email to maintain their sense of connection and check on their wellbeing.
- Consider how you manage your own emotional response in the presence of children, whose emotions are guided by those around them. Be calm and offer space to talk about how they are feeling.
- If you are in public, respect the need for personal space (1.5m).

### **Non-maleficence** (avoiding doing harm)

- Engage in social distancing where possible as advised by government organisations, avoid work or study if you are unwell.
- Practice good hand hygiene as advised by the World Health Organisation.
- Follow responsible cough/sneeze etiquette (e.g., use a tissue and discard, or cough/sneeze into your bent elbow).
- Follow Government advisories in relation to overseas travel (particularly if non-essential).

### **Justice** (being fair and equitable)

- Avoid panic buying items, remember some community members are unable to purchase, transport, store, or afford to "stockpile" and therefore require a regular supply of everyday staple products.
- If you have excess supplies, share with family and friends.

### **Veracity** (being truthful and honest)

- If you are required to self-isolate following travel or potential exposure to the virus, commit to the full isolation period to protect vulnerable members of the community.
- If you are exhibiting relevant COVID-19 symptoms, promptly advise via the recommended local process (e.g., calling the dedicated COVID-19 hotline in your local area, or advising your GP of your need to attend their clinic in advance).

@DrZoeMorris