



## Kids Path Connections Resources

### How to Explain COVID-19 to Children

- **Talking to Children about COVID-19 (novel coronavirus)**  
<https://www.brighthorizons.com/family-resources/talking-to-children-about-covid19>
- **Talking to Kids about the Coronavirus**  
<https://childmind.org/article/talking-to-kids-about-the-coronavirus/>
- **How to Talk To Your Kids about COVID-19**  
<https://www.mayoclinic.org/diseases-conditions/coronavirus/in-depth/kids-covid-19/art-20482508>
- **Helping Children Cope With Changes Resulting From COVID-19**  
[https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-\(coronavirus\)-a-parent-resource](https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource)

### Resources for Food and Other Assistance

- **Phone Call regarding resources/food:** Dial 211
- **United Way:** resources including regarding food, housing  
Burlington, Greensboro, Orange Co.
- **Texting tool for students who are on free/reduced lunch for info:** Text FOODNC to 877-877

### Emotional Health Resources

- **The Kellin Foundation – A Variety of Resources**  
Builds resilient children, families, and adults through behavioral health services, victim advocacy, and community outreach.  
<http://www.kellinfoundation.org/covid-19-resources.html>
- **Now's a Good Time to Teach Your Kids to Play on Their Own**  
<https://www.nytimes.com/2020/04/03/parenting/kids-independent-play-coronavirus-quarantine.html>
- **If Your Kid Keeps Asking 'Why,' Give Them an Answer**  
<https://www.nytimes.com/2020/03/27/parenting/kids-asking-questions-development.html>



[authoracare.org](http://authoracare.org)  800.588.8879

Burlington | 336.532.0100 | 914 Chapel Hill Rd, Burlington, NC 27215

Greensboro | 336.621.2500 | 2500 Summit Ave, Greensboro, NC 27405

Formerly Hospice & Palliative Care Center of Alamance-Caswell & Hospice and Palliative Care of Greensboro

- **4 Ways to Help Your Anxious Kid**  
<https://www.nytimes.com/2020/04/01/parenting/coronavirus-help-anxious-kid.html>
- **You and your Kids Can't Stand Each Other – Now What? – The New York Times**  
<https://www.nytimes.com/2020/04/09/well/family/coronavirus-quarantine-conflict-family-meeting.html>
- **The Heartbreaking Reality of Parenting in the Coronavirus Pandemic**  
[https://www.huffpost.com/entry/parenting-social-distancing-coronavirus\\_n\\_5e6fb52ac5b6eab7793a0c4d](https://www.huffpost.com/entry/parenting-social-distancing-coronavirus_n_5e6fb52ac5b6eab7793a0c4d)
- **Guide to Living with Worry and Anxiety Amidst Global Uncertainty**  
[https://www.psychologytools.com/assets/covid-19/guide\\_to\\_living\\_with\\_worry\\_and\\_anxiety\\_amidst\\_global\\_uncertainty\\_en-us.pdf](https://www.psychologytools.com/assets/covid-19/guide_to_living_with_worry_and_anxiety_amidst_global_uncertainty_en-us.pdf)
- **Teaching Our Kids (and Ourselves) Mindfulness to Get Us Through the Coronavirus Anxiety – The Washington Post**  
<https://www.washingtonpost.com/lifestyle/2020/03/20/teaching-our-kids-ourselves-mindfulness-get-us-through-cononavirus-anxiety/>

## Educational Resources

- **Teachers Share Their Favorite Free Learning Websites and Apps for Kids**  
[https://www.huffpost.com/entry/free-online-learning-activities-for-kids\\_l\\_5e73848dc5b63c3b648bc968](https://www.huffpost.com/entry/free-online-learning-activities-for-kids_l_5e73848dc5b63c3b648bc968)
- **Veteran Home-Schoolers Share Tips for Parents during Coronavirus Closures**  
<https://www.washingtonpost.com/lifestyle/2020/03/18/veteran-homeschoolers-share-tips-parents-during-coronavirus-school-closures/>
- **Khan Academy**  
A nonprofit with the mission to provide a free, world-class education for anyone, anywhere.  
<https://www.khanacademy.org>
- **Scholastic Learn from Home**  
Day-by-day projects to keep kids reading, thinking and growing  
<https://classroommagazines.scholastic.com/support/learnathome.html>
- **TED-Ed**  
Free daily lessons, activities and challenges to support student, parents and teachers  
<https://ed.ted.com/>
- **Duolingo**  
The world's best way to learn a language  
<https://www.duolingo.com/>

## Fun Activities

- **18 At-Home Ideas to Keep Kids Busy and Entertained During the Coronavirus Outbreak**  
<https://apple.news/A5MpYtgBZTfajPmUofqJ9Dg>
- **Video Games to Play with Your Kids That Won't Drive You Crazy**  
<https://www.nytimes.com/2020/04/03/arts/video-games-kids-parents-covid-virus-coronavirus.html>

## Activities to Remember Your Loved One

- **The Dougy Center**  
The national center for grieving children and families  
<https://www.dougy.org>

## Behavioral Health

Mental Health, Bereavement Care, Substance Abuse, Suicide Intervention, Intellectual and Developmental Disabilities

- **The Kellin Foundation – A Variety of Resources**  
Builds resilient children, families, and adults through behavioral health services, victim advocacy, and community outreach  
<http://www.kellinfoundation.org/covid-19-resources.html>
- **Alamance County Crisis Care: RHA Walk-In Crisis Center** (behavioral health and/or substance abuse)
  - Walk-in between 8 am and 3 pm M-W-F
  - “Crisis Hour” between 8am and 8pm Monday - Friday
  - Payment based on a sliding scale to those living in Alamance Co., no charge if unemployed
  - 2732 Anne Elizabeth Dr.
  - Burlington NC 27215
  - **336-229-5905**
  - 336-229-5906 - FAX #
- **Cardinal Innovations**
  - Includes 24 hr/7 day a week crisis and mobile crisis team
  - Only serves the following counties – Alamance, Caswell, Person, Orange and Chatham
  - **1-800-939-5911**
- **Open Door Clinic**
  - For those not eligible for Medicaid or stat funding
  - **336-570-9800**
- **AuthoraCare Collective and Kids Path**
  - Adult/Child Bereavement/Grief Counseling
  - **336-532-0100**
- **Children’s Developmental Services Agency (CDSA)**
  - Children under 3 years
  - 336-334-5601

- **Residential Treatment Services of Alamance**
  - Detoxification & Crisis Stabilization
  - Offers recovery programs that are invaluable to those struggling to overcome alcoholism, addiction and/or mental illness.
  - **336-227-7417**
- **Crisis Intervention Team**
  - If **911** is called, Alamance Co. does have law enforcement members trained to handle calls related to mental health or substance abuse.
  - Prefer that the above is used instead of CIT
- **National Suicide Prevention Lifeline (Also Veterans Crisis Line)**
  - **1-800-273-8255**
  - Call will begin with a recording, follow prompts
- **Suicide Prevention Lifeline Web chat**
  - <https://suicidepreventionlifeline.org/chat>
  - Texting option: text HOME to **741741** (Not a part of the National Suicide Prevention Lifeline, but you are connected to qualified professionals who can help)
- **Mobile Crisis Team** (by phone or home visit)
  - Provided by Psychotherapeutic Services
  - 24-7, 365 days a year
  - **336-538-6990**
  - 336-538-6991 - FAX #
- **Mobile Crisis Services—other Counties**
  - **Caswell Co.**
    - Provided by Psychotherapeutic Services
    - 24-7, 365 days a year
    - **336-538-6990**
    - 336-538-6991 - FAX #
  - **Orange and Person Co.**
    - Freedom House
    - Offers residential recovery services for adults who are alcohol or drug addicted and those who are dually diagnosed with a mental illness
    - **1-877-967-8844**
  - **Durham Co.**
    - Alliance Behavioral Healthcare
    - Serves people in Durham, Wake, Cumberland and Johnston counties
    - Offers treatment and support for mental illness, substance use disorders, and intellectual/developmental disabilities
    - **1-800-510-9132**
    - Call will begin with a recording, follow prompts