

Marlboro Township Board of Education



Mental Health Out of District Resources for COVID-19

- **For Emergencies**

- Call 911

- **For General Mental Health Assistance:**

- Monmouth County Psychiatric Emergency Screening Services (PESS) at Monmouth Medical Center
 - (732) 923-6999
- 2nd Floor Youth Helpline (can be made available to our middle school students)
 - 1 (888) 222-2228
- Crisis Text Line
 - Text "NJ" to 741741
- Family Helplines
 - 1-800-843-5437
- Domestic Violence Hotline
 - 1-800-572-7233
- Mental Health
 - 1-866-202-4357
- NJMentalHealthCares - Free hotline offers telephone counseling, emotional support, information, and assistance. 7 days per week, 8am-8pm
 - 1-866-202_HELP(4357)

- **For COVID - 19 Related Concerns:**

- Monmouth County Health Department COVID-19 Information Line
 - (732) 845-2070
 - Monmouth County Health Department has opened a phone bank to respond to callers with questions or concerns about COVID-19. As

you can imagine, many callers are experiencing increased anxiety, fear, and worry about COVID-19. There are Disaster Response Crisis Counselors (DRCCs) volunteering on the phone lines. The phone line is available from 9am-8pm.

- **Resources for Talking to Children (Click for Link):**

- [Talking to Children About COVID 19 \(Coronavirus\) - National Association of School Psychologists](#)
- [Talking with children about Coronavirus Disease 2019: Messages for parents, school staff, and others working with children - CDC](#)
- [Talking to Kids About Coronavirus - ChildMind](#)
- [Parent/Caregiver Guide to Helping Families Cope With the Coronavirus Disease 2019 \(COVID-19\) - The National Traumatic Stress Network](#)
- [Talking to Teens and Tweens About Coronavirus - The New York Times](#)
- [Just For Kids: A Comic Exploring The New Coronavirus - NPR](#)
- [Talking With Children: TIPS FOR CAREGIVERS, PARENTS, AND TEACHERS DURING INFECTIOUS DISEASE OUTBREAKS - Substance Abuse and Mental Health Services Administration](#)
- [A helpful video developed by a Developmental and Clinical Psychologist, **Dr. Barbara Stroud.** : COVID-19 Tips for Parents](#)

- **Other Resources for Mental Health (Click for Link):**

- [Managing Stress and Anxiety - CDC](#)
- [Social Support: Getting And Staying Connected - Mental Health America](#)
- [Taking Care of Your Mental Health in the Face of Uncertainty- American Foundation for Suicide Prevention](#)
- [Social Distancing - American Psychological Association](#)

- **Resources to Use with Children (Click for Link):**
 - Free Online Mindfulness Classes for Kids - Mindful Schools
 - Apps to Help with Mental Health - Common Sense Media
 - 7 Ways to Help Kids Cope with Big Life Changes - Free Printables from Big Life Journal

- **MTPS District Mental Health Resource Page:**
 - Click [HERE](#)