

COVID-19 Coping & Resources

- **Focus on facts & faith vs. feelings & fears!** (Feelings & fears can mislead you, so act on the facts & your faith.)
- **Prepare and protect, versus panic.**
- **Self-regulate, Self-soothe, and maintain Self-care!**
- **Serve with patience, empathy, and flexibility.**
- **Establish and maintain new boundaries.**
- **Avoid grumbling and practice an attitude of gratitude!**
- **Reframe your thoughts** (Ex: I “get to” go to work and help others, versus I “have to” go to work. I “get to” stay at home to flatten the curve, versus “I “have to” stay at home.)

Mental Health & Counseling Resources

- *Grace & Guidance, PLLC* is currently offering local virtual counseling services to first responders, veterans, and civilians. (Reduced rate services are available to those who have been affected financially by COVID-19.)
www.elevateyourlifecounseling.com
- *Mosaics of Mercy* can help direct and connect those in need to local mental health agencies, based on specific needs, in Montgomery County. <https://mosaicsofmercy.com/resources/>
- Mental Health Tips for Coping from CDC <https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>
- Coping <https://www.goodtherapy.org/blog/how-to-cope-with-the-mental-health-impacts-of-covid-19-0314207>
- Online Mental Health Support Groups <https://www.mhanational.org/find-support-groups>
- Online Depression & Bipolar Support Groups <https://www.dbsalliance.org/support/chapters-and-support-groups/online-support-groups/>

COVID-19

- CDC COVID-19 Fact Sheet <https://www.cdc.gov/coronavirus/2019-ncov/about/share-facts-h.pdf>
- CDC- <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- Interim Guidance For EMS <https://www.iaff.org/wp-content/uploads/Coronavirus-Memo-V3.pdf>

First Responder Information

- COVID-19 Info For First Responders <https://dshs.texas.gov/coronavirus/ems.aspx>

Veteran Information

- Housing Locator & Info <https://veterans.house.gov/covid-19>
- Multiple Resources <https://www.blogs.va.gov/VAntage/72856/veterans-multiple-resources-covid-19-information/>

Workplace

- OSHA <https://www.osha.gov/Publications/OSHA3990.pdf>
- Workplace Tips
https://www.uschamber.com/sites/default/files/coronavirus_workplace_tips_for_employees_031620.pdf

Social

- Online Socialization Ideas <https://www.delawareonline.com/story/life/2020/03/18/how-you-can-still-socialize-your-friends-during-covid-19/5069237002/>

Physical

- Ideas to keep kids/families active during social distancing <https://www.rei.com/blog/fitness/ideas-for-keeping-kids-active-when-home>

Online Educational Resources for families

- School work by grade level and suggested homeschool schedules <https://www.khanacademy.org/>
- Virtual tours & boredom busting resources-<https://chatterpack.net/blogs/blog/list-of-online-resources-for-anyone-who-is-isolated-at-home?fbclid=IwAR3AfTtssooCNt8E7S5bCVxagrAcZ-pX6gLPsBmddfSVWUIMg0UhzYjvFs>
- Conroe Isd educational resources by grade level <https://www.facebook.com/CreightonCISD/photos/a.539342416089047/3003318716358059/?type=3&theater>
- Spring Isd educational resource packets by grade level- https://drive.google.com/drive/u/0/folders/11Gn85SkOv1yGaZrzNOWvFJ_cIshdUqgY?fbclid=IwAR2ZRZQBBljNhOZapvILVld2B_oc8zj8n7hrTrYXJBhX5xkbZChYGP9dh-I
- Common Core Worksheets by grade level- <https://www.commoncoresheets.com/SortedByGrade.php>

Small Business

- Multiple resources for small businesses <https://www.sba.gov/page/coronavirus-covid-19-small-business-guidance-loan-resources>
- Estimated economic injury form PDF <https://cms.revize.com/revize/montgomerycountytx/Economic%20Injury%20Worksheet%20-%20051410.pdf>
- Montgomery County Site https://www.mctx.org/public_notices/corona_virus_information.php
- Setting up Google Voice <https://voice.google.com/u/0/about>
- How to use ZOOM <https://www.businessinsider.com/how-to-use-zoom>

Financial Assistance Information

- Student loan forbearance- https://www.forbes.com/sites/zackfriedman/2020/03/22/student-loans-forbearancecoronavirus/?utm_campaign=forbes&utm_source=facebook&utm_medium=social&utm_term=Valerie%2F&fbclid=IwAR0gR01uFMTct-4UdiiJ2aULHWP8dbTqgXFwdTC5avDkVXxvzXCtzobXlcw#44ab6bb8416c
- Suspending payments on Student Federal Loans- https://www.forbes.com/sites/sarahhansen/2020/03/20/trump-temporarily-suspends-payments-on-federal-studentloans/?utm_campaign=forbes&utm_source=facebook&utm_medium=social&utm_term=Valerie%2F&fbclid=IwAR3_UifCYj30_EyLNWwWdHX7GjJnqBwFanY2wB5thc6AS3fvupfJewySuO0#7b737bb11349
- Child Support <https://www.texasattorneygeneral.gov/child-support/covid19>
- Housing <https://www.hud.gov/coronavirus>
- Unemployment <https://twc.texas.gov/news/unemployment-news>
- United Way <https://www.unitedwayhouston.org/montgomery>

Local Food Banks

- Montgomery County Food Bank <https://mcfoodbank.org/>
- Interfaith of The Woodlands- https://www.google.com/search?rlz=1C1SQJL_enUS776US776&sxsrf=ALeKk03s_BkzTxJOUPG_lxmT2_JtuMTa9w%3A1584998544366&ei=kCh5XpvyFcG6sQWtjKjgDg&q=interfaith+of+the+woodlands&oq=interfaith&gs_l=psy-ab.1.0.0i273j0i0i20i263j0i7.1434.50918..52875...35.1..2.252.3897.27j13j1.....0....1..gws-wiz.....10..0i71j0i131j38j33i160j0i22i30j0i13j35i362i39j35i39j0i67j0i10.-BT9ZcFJBbU