

McKinney ISD Families,

During this unprecedented time in our community, we wanted to make you aware of resources that may be helpful to you or someone you know.

We know it's tough when your child's routine is changed, especially when it happens unexpectedly. Sometimes that can lead to worry and anxiety or maybe your child has a million questions. As a parent, it can be difficult to know how to provide reassurance and address questions when it seems like there's still so much that isn't clear yet. Check out these links to help as you continue to address your child's needs:

- Resources to talk to children from the Child Mind Institute [here](#), from Harvard Medical School [here](#), and from the National Association of School Psychologists [here](#)
- Help your child understand the Coronavirus with this resource from "[share my lesson](#)" and a collection of videos from PBS Kids [here](#)
- A comprehensive resource [site](#) from Whole Child Counseling
- CDC's [guide](#) on caring for children during disasters

When we're trying to keep it together in front of our kids, the stress can build up! Let off some steam and get support for yourself by using one of these resources (all are available 24 hours a day, 7 days a week):

- 877-422-5939 Lifepath Systems mobile crisis [line](#)
- 800-9850-5990 (or text "talkwithus" to 66746) SAMHSA's disaster distress [line](#)
- 741-741 (text "home" to the crisis text [line](#))
- Download the "My Strength" app here. (Click on "Sign Up" in the top right corner and use the code "LPScomm" when it asks for your access code)
- We also encourage you to check out this resource [guide](#) from NAMI and this information on stress management from SAMHSA [here](#).

Looking for activities to keep your child busy this week? Here's some possibilities to supplement the instructional resources we've already shared:

- Go on a virtual museum [tour](#)
- Learn to [code](#)
- Access free [books](#), [audiobooks](#), [podcasts](#) and [documentaries](#)

Finally, we know that times of crisis bring unexpected expenses. For community support with food, health care, and other financial hurdles, check out:

- Community Lifeline, number: 972-542-0020 or [site](#)
- North Texas Food Bank, number: 855-719-7627 or [site](#)
- 2-1-1 Texas, number: 877-541-7905 or [site](#)
- Volunteer Center of McKinney Resource [Guide](#) & Updated Services [Info](#)
- Resource search engine Aunt Bertha [site](#)

Para obtener información sobre el coronavirus, haga clic [aquí](#). Llame al 877-541-7905 para obtener información sobre recursos comunitarios para hispanohablantes.