

# Online/Phone Resources for Recovery Support, Parenting, and COVID-19

## Compiled by Institute for Health and Recovery

### RECOVERY SUPPORTS

**Casa Esperanza** offers treatment and recovery support services in Spanish and English. They provide the only Spanish-language SOAP program in the Boston Area, as well as Seeking Safety and other groups in Spanish. Services are primarily offered virtually, with limited in-person options.

<https://www.casaesperanza.org/>

**Institute for Health and Recovery** continues to accept referrals for behavioral health services.

- Call the Intake line at 857-285-6264

IHR also has a Pinterest page: "**Coronavirus and Taking Care of Ourselves.**" This board is meant to serve as a place where users can learn about how/why a history of smoking, vaping, and substance misuse may increase the risks of COVID-19.

<http://www.pinterest.com/healthrecovery>

**The Journey Recovery Project** is a web resource for women with substance use concerns who are or have been pregnant or parenting. It includes videos of people telling their personal stories, worksheets, in-depth information, and links to resources. There are also sections of the Journey Project for fathers, co-parents, and other family members.

<https://journeyrecoveryproject.com/>

**The MA Smokers' Helpline** can be accessed online and/or by phone.

1-800-QUIT-NOW

<http://makesmokinghistory.org/quit-now/what-is-the-helpline/>

<https://ma.quitlogix.org/en-US>

**The Mass. Substance Use Helpline** continues to offer referrals and general information about SUD, as well as links to resources available during the COVID-19 crisis

<https://helplinema.org/covid-19-resources-for-ma/>

OR call: 1-800-327-5050 (English and Spanish)

**Shatterproof** has a variety of links regarding addiction and support during COVID-19

<https://www.shatterproof.org/COVID19>

**Support After Death by Overdose (SADOD)** offers support to those who are grieving the loss of someone by overdose, as well as resources for those who are actively using

<https://sadod.org/home/recovery/>

## **Online/Phone Meetings**

### **Alcoholics Anonymous**

AA Phone Meetings <http://aaphonemeetings.org/>

AA Western MA Intergroup Virtual Meetings <https://westernmassaa.org/aa-meeting-schedules>

AA en Espanol [https://aa-intergroup.org/languages/index\\_es.html](https://aa-intergroup.org/languages/index_es.html)

AA Boston <https://aaboston.org/>

AA Search by State: [https://www.aa.org/pages/en\\_US/find-aa-resources](https://www.aa.org/pages/en_US/find-aa-resources)

AA Intergroup <http://aa-intergroup.org/>

AA Online Group <https://www.onlinegroupaa.org/>

The Token Shop maintains a list of online meetings that is updated regularly. You can search by day and time and they include the topics of specific meetings: [https://www.thetokenshop.com/Online\\_AA\\_Meetings](https://www.thetokenshop.com/Online_AA_Meetings)

**Pause a while** Free conference calls for AA meetings at 2pm every day

- Dial in number: 425-436-6360
- Access Code: 422932

**A Virtual Awakening** Closed online AA meetings for women, trans, and non-binary people

Sun, Mon, Wed, Fri at 8:30pm EST, Thurs 1:00pm EST

<https://zoom.us/j/4822208285>

### **Narcotics Anonymous**

New England Region of Narcotic Anonymous Virtual Meeting list: <https://nerna.org/nerna-virtual-meetings/>

Phone meetings: [www.nabyphone.com](http://www.nabyphone.com)

Global Online meetings: <https://virtual-na.org/>

Free NA Speaker Streaming 24-7 [www.naspeaker.com](http://www.naspeaker.com)

Never Alone Club Online Meetings <https://www.neveraloneclub.org/>

NA in Multiple Languages: <https://virtual-na.org/meetings/>

**Cocaine Anonymous** offers online support and services

<https://www.ca-online.org>

### **Gamblers Anonymous**

Massachusetts Hotline Number: 855-2CALLGA (855-222-5542), GA virtual Meeting on In the Rooms and <http://newenglandga.com/> hosting phone meeting every night of the week from 9:00-11:00 PM Eastern time. Phone Number 712-770-4160 – Access Code 611704#.

**Marijuana Anonymous** <http://marijuana-anonymous.org/find-a-meeting/>

### **Nicotine Anonymous**

[www.nicotine-anonymous.org](http://www.nicotine-anonymous.org) - has many online and telephone meetings, with a list available on the website

**Recovery Speakers:** Listen to recovery speakers from many different 12 step groups

[www.recoveryspeakers.com](http://www.recoveryspeakers.com)

**Embark Recovery:** Daily 12pm & 6 pm in English and **12:30 and 5:30 in Spanish)**

<https://www.embarkreco.com/events>

**Herren Project:** Variety of meetings, including Women's Meeting Tuesdays at 7:30PM

<https://herrenproject.org/recovery-meeting/>

**In the Rooms:** online meeting at 9am, 12pm, 3pm, 6pm, 9pm. These are “all recovery” meetings and any pathway or programs are welcome.

<https://www.intherooms.com/home/category/community-and-meetings/>

<https://www.intherooms.com/livemeetings/>

**LifeRing Secular Recovery** is an organization of people who share practical experiences and sobriety support, and embraces what works for individual.

<https://www.lifering.org/online-meetings>

**Lion Rock Recovery:** Variety of support groups every day of the week

<https://www.lionrockrecovery.com/online-aa-meetings-and-support-groups>

**Recovery Dharma** has meetings using Buddhist practice

<https://recoverydharma.online/>

**Reddit Recovery** offers a virtual hang out and support during recovery

<https://www.reddit.com/r/REDDITORSINRECOVERY/>

**Refuge Recovery** provides online and virtual support

<http://bit.ly/refugerecovery1>

**RSJBarnabas Health** offers online meetings

<https://www.rwjbh.org/treatment-care/mental-health-and-behavioral-health/mental-health-services/institute-for-prevention-and-recovery/all-recovery-meeting/>

**SMART Recovery**

<https://www.smartrecovery.org/community/> has a wide variety of online resources

<http://www.smartne.org/meetings.html>: has a listing of meetings but also a link for online meetings

**SoberCity** offers an online support and recovery community

<https://www.soberocity.com/>

**Sobergrid** offers an online platform to help anyone get sober and stay sober

<https://www.sobergrid.com/>

**Soberistas** provides a women-only international online recovery community

<https://soberistas.com/>

**SoberTool** has a website and app that lets you enter an emotion or topic and you receive tips and messages related to your choice

<http://www.sobertool.com/>

**Sober Mommies:** online support group for moms in recovery

<https://sobermommies.com/groups/online-support/>

**Sober Recovery** provides an online forum for those in recovery and their friends and family

<https://www.soberrecovery.com/forum>

**WEconnect and Unity Recovery** - 4 times daily 7 days a week (9am,12pm,3pm,9pm EST)

Join directly from computer or smart phone - [unityrecovery.zoom.us/my/allrecovery](https://unityrecovery.zoom.us/my/allrecovery)

➤ [unityrecovery.zoom.us/my/allrecovery](https://unityrecovery.zoom.us/my/allrecovery)

**Women for Sobriety** –<https://womenforsobriety.org/> (website) <https://wfsonline.org/> (online meetings)

Helps women gain hope and encouragement with other women in similar circumstances. Offering tools to a healthier lifestyle.

# Online Resources to Support Your Recovery

Scan the QR code below to go directly to the type of support you are looking for.

1. Online AA Meetings



2. Recovery Dharma Online Meetings



3. In the Rooms Online Support



4. Al-Anon Electronic Meeting List



5. Online Group AA Meetings



6. Substance Abuse and Mental Health Services Website



7. Virtual Narcotics Anonymous Meetings



8. Smart Recovery Online



9. Never Alone Club – 24 Hour Chat and Support



10. Narcotics Anonymous by Phone



11. Marijuana Anonymous Online Meetings



12. Connections App – tools to support early recovery



13. The Herren Project – Recovery Meetings



14. AA speaker tape and 12 steps – iPhone App



15. Smokefree – Tools and Support to Quit Smoking



## **RECOVERY APPS (download to your smartphone via app store/google play/website)**

- Sober Grid - App Store
- Celebrate Recovery - App Store
- Smart Recovery - [www.smartrecovery.org](http://www.smartrecovery.org)
- **Connections** smartphone app to support recovery  
<https://www.addictionpolicy.org/connections-app>



**MEETING GUIDE** is a free mobile app focused on helping people find A.A. meetings and resources near them. Also included are DAILY REFLECTIONS – a selection of reflections by and for A.A. members.



**NA MEETING SEARCH** is a free mobile app developed to help find an NA meeting. It can use your current location to display the meetings nearest you. Daily JUST FOR TODAY meditations are also bundled in this app. <http://www.nabyphone.com/>



**RECOVERY PATH** is a free mobile app is designed to allow people to navigate their own path to sustained recovery, share progress with others, and receive support.

### **App descriptions (adapted from Vertavahealth.com)**

#### **12 Steps AA Companion App**

This app is for iPad tablets, iPhone, iPod touch, and Android. It has a sobriety calculator that tracks the number of years, months, days, and hours you have been sober. It also features a Big Book reader (the Big Book is the writings that are the basis of AA), a search tool, the ability to add notes and copy text, an AA contact database, and more. You can purchase the 12 Steps AA Companion app for \$2.99 in the Apple app store and \$1.99 in the Android app store.

#### **AA Big Book And More App**

This is a free app. It is called the “AA Big Book and More” in the Apple store, and is simply called “AA Big Book Free” or “Big Book Alcoholics Anonymous” in the Android store. Both versions contain the Big Book text, sobriety calculator, and also will deliver a daily motivational message to your phone.

#### **AA Speakers To Go App**

The AA Speakers to Go app is found on Apple products (iPhone, iPad, and iPod touch) and Android devices. If This app comes with over 400 speaker tapes dating from the 1930s to the present, a Big Book study that was recorded in Nashville, and more. You will hear stories just like in an AA meeting. It’s free in the Android store, and \$4.99 in the Apple store.

### **Today's Step: Recovery App**

Today's Step: Recovery app does not have a sobriety tracker like some other apps but provides daily inspirational quotes and messages along with video exercises to help you maintain sobriety. It has stories from people who are also in recovery, and also offers meditation assistance. This app is available for \$2.99 for both Apple and Android products.

### **I Am Sober App**

The I Am Sober app does not offer a Big Book study guide, but can be used along with an app that does offer the Big Book. It's an easy way to track your sobriety and marks milestones on your sobriety journey. The I Am Sober app can be purchased for \$1.99 at both the Apple and Android stores.

### **RecoveryBox Addiction Recovery Toolbox App**

While not available for Android, the RecoveryBox Addiction Recovery Toolbox app works with Apple products. This app not only allows you to track your sobriety, but it also allows you to track your triggers and activities to monitor your sobriety. It's \$1.99 in the Apple app store.

### **Twenty-Four Hours A Day App**

The Twenty-Four Hours a Day app is offered for both Apple and Android users. With this app, you will receive daily meditations on your road to recovery. You can share messages with your friends via sync to email, bookmark your favorite meditations, search meditations by keyword, get a reminder notification each day to read your daily message, shake your phone to get a random inspirational message, customize the font size, and more. The price is \$4.99 for both Apple and Android products.

### **Joe And Charlie Big Book Study App**

Joe and Charlie Big Book Study can be found on the Android store. If you are an Apple user, look up the app under the name, "Joe and Charlie." This app also allows you to track your sobriety and gives you access to recorded tracks of Joe and Charlie (members of AA) speaking about recovery. These tracks were recorded in 1988 after Joe and Charlie were sober for 20 years. Joe and Charlie are witty in these tracks, but they also have a serious side. It also offers text of the Big Book, the serenity prayer, a sobriety calculator, the AA Preamble, and many more things to help your sobriety journey. The app is free and ready to install on your Android device right now, and \$2.99 in the Apple app store.

### **SoberTool App**

SoberTool app was developed by a licensed chemical dependency and certified alcoholism counselor and its purpose is to help you kick your cravings. Anytime you feel that you crave or are tempted to have alcohol, simply just click on the app, and questions will appear on your screen. These questions will lead you to a message of staying sober and will help you address the trigger or temptation causing the craving. It's free for Apple and Android users.

### **Sober Grid App**

Sober is a free app for both Android and Apple devices that helps you stay sober anywhere in the world. It's a sober social networking app that allows you to connect with a global sober community. You can make new friends or connect with current friends to help you stay sober. You can share content on the news-feed and have private chats with other sober individuals. It also gives you access to seek help from the sober community. And, you have the option to stay completely anonymous or to provide as many details (or as few) as you want about yourself.

## Facebook Recovery Groups (log on to Facebook, search group, ask to join)

- CLEAN AND SOBER - Addiction Recovery Support Group
- Daily Reflections AA
- Massachusetts Organization of Addiction Recovery
- Methadone & Buprenorphine Discussion and support
- MIPSAs-Methadone Information & Patient Support Network
- Mommy Group
- Recovery Soldiers
- Send it! (Recovery Network)
- Sober Mommies
- Virtual Recovery – Meetings At Home
- Voices To End Addiction & Inspire Recovery
- Women in AA

## RECOVERY CENTER FACEBOOK PAGES

Below are the links to Peer Recovery Support Centers throughout Massachusetts offering virtual groups, activities, and phone support.

**A New Way Recovery Center**, Quincy <https://www.facebook.com/groups/247061955706116>

**Alyssa's Place Peer Recovery Center**, Gardner

<https://www.facebook.com/Alyssas-Place-Peer-Recovery-and-Resource-Center-1036671136361774/>

**Devine Recovery Center**, South Boston <https://www.facebook.com/DevineRecoveryCenter>

**Everyday Miracles Peer Recovery Center**, Worcester <https://www.facebook.com/EDMPeers>

**Peer 2 Peer Recovery Support Center**, Fall River <https://www.facebook.com/P2PRSC/>

**Hope for Holyoke Recovery Center**, Holyoke--provides multiple online groups and a puppet show for kids every Tuesday <https://www.facebook.com/HFHRC/>

**Living in Recovery Support Center**, Pittsfield <https://www.facebook.com/Living-In-Recovery-102917867894826/>

**Martha's Vineyard Peer Recovery Support Center**, Oak Bluffs <https://www.facebook.com/RecoveryMV>

**New Beginning Recovery Center**, Lawrence <https://www.facebook.com/LawrenceRecoveryCenter>

**No One Walks Alone (NOWA) PRSC**, Whitinsville <https://www.facebook.com/NOWARSC/SC>

**Northampton Recovery Center**, Northampton <https://www.northamptonrecoverycenter.org/calendar>

**PIER Recovery Center** of Cape Cod, Hyannis <https://www.facebook.com/pierrecovery>

**Plymouth Recovery Center**, Plymouth <https://www.facebook.com/PlymouthRecoveryCenter/>

**Recovery Café**, Lowell <https://www.facebook.com/recoverycafelowell>

**R.I.S.E Recovery Support Center**, New Bedford

<https://www.facebook.com/RISerecoverysupportcenter/posts/132866978280141>

**Springfield Peer Recovery Center**, Springfield <https://www.facebook.com/SpringfieldPeerRecoveryCenter>

**Stairway to Recovery**, Brockton <https://www.facebook.com/Stairway2Recovery>

**STEPRox Recovery Support Center**, Roxbury <https://www.facebook.com/StepRoxRecoverySupportCenter>

**The RECOVER Project**, Greenfield <https://www.facebook.com/TheRECOVERProject>

**The Recovery Connection**, Marlborough <https://www.facebook.com/therecoveryconnection.org>

**Turning Point Recovery Center**, Walpole <https://www.facebook.com/Turning-Point-Recovery-Center-100326408019268>



## **FREE YOGA AND FITNESS**

**Phoenix Gym** offers a range of FREE virtual exercise classes (meditation, yoga, CrossFit, etc. for people in recovery. Every 2 hours from 7 am - 9pm

<https://thephoenix.org/virtual/>

**Down Dog Yoga**

<https://www.downdogapp.com/>

**Trauma-informed Yoga/The Trauma Institute in Boston**

<https://www.traumasensitivelyoga.com/online-tctsy.html>

**Peloton App** (offering free trial for 90 days, no bike)

<https://www.onepeloton.com/app>

**Alo Yoga**

<https://www.youtube.com/channel/UCJEi1foUiGOBzzQM3QA2H5A>

## **SUPPORTS FOR FAMILIES WITH A LOVED ONE WITH SUD**

**Al-anon** Electronic meetings for anyone affected by alcoholism in a family member or friend

[Al-anon.org/electronic-meetings](http://Al-anon.org/electronic-meetings)

**Allies in Recovery** Online support for families dealing with a loved one's addiction, using the evidence-based CRAFT method (Community Reinforcement and Family Training ); free for Massachusetts residents.

<https://alliesinrecovery.net/>

**Learn to Cope**

<https://www.learn2cope.org/>

**Smart Recovery Family**

[Smartrecovery.org/family](http://Smartrecovery.org/family)

## **COVID-19 INFORMATION-GENERAL**

**Call 2-1-1-** with general questions about COVID-19 (throughout Massachusetts)

### **COVID-19 information from mass.gov**

FAQs: <https://www.mass.gov/info-details/frequently-asked-questions-about-covid-19>

Information for Immigrants and Refugees: <https://www.mass.gov/service-details/covid-19-resources-available-to-immigrants-and-refugees>

**Sign up for text alerts containing new information and announcements** by texting COVIDMA to 888-777

### **Locate Testing Sites** Statewide

<https://memamaps.maps.arcgis.com/apps/webappviewer/index.html?id=eba3f0395451430b9f631cb095feb13>

**Boston Public Health Commission** has updated COVID-19 fact sheets in multiple languages, statistics for the city of Boston, and resources

<https://bphc.org/whatwedo/infectious-diseases/Infectious-Diseases-A-to-Z/covid-19/Pages/default.aspx>

**Centers for Disease Control** website has a wealth of information about COVID-19 prevention and what to do if you get sick

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

**Inquilinos Boricuas en Accion (IBA)** has blogs in both Spanish and English with updated COVID-19 information and resources

<https://www.ibaboston.org/blog>

### **Link Boston + MA COVID19 Resources**

[https://docs.google.com/document/d/1-x6vOZKVsla5H363mtdgcyivvLmcx7-f2s6l-O\\_ba8A/mobilebasic](https://docs.google.com/document/d/1-x6vOZKVsla5H363mtdgcyivvLmcx7-f2s6l-O_ba8A/mobilebasic)

**Attorney General Maura Healey's Office** has COVID-19 information and resources in 20 different languages

<https://www.mass.gov/info-details/attorney-generals-office-multilingual-covid-19-publications#english->

## **PARENTING/FAMILIES**

**Breastfeeding Warmline:** Breastfeeding support from trained and experienced peers

Call: 857-301-8259

Or email: [Breastfeedingboston@gmail.com](mailto:Breastfeedingboston@gmail.com)

**Children's Trust** has resources about COVID-19, as well as links to online parent groups and play groups

<https://onetoughjob.org/>

**Families First** has a variety of resources on their website

<https://www.families-first.org/resources/>

**Family Nurturing Center** is offering some virtual groups and other support services during COVID

<https://www.familynurturing.org/news/fnc-continue-program-adjustments-response-coronavirus>

**Healthy Children (American Academy of Pediatrics)** has tips about parenting during COVID-19 in English and Spanish, as well as more general information about child development and health

<https://healthychildren.org/>

**Healthy Nest** has a variety of videos of activities to do with infants and toddlers

<https://healthynesting.com/blogs/videos>

**Hello It's Me** is a Facebook group for families that are pregnant and close to delivery or home with a newborn during COVID-19

<https://www.facebook.com/groups/204741563956171/>

**Mass Home Visiting Initiative** sends out a regular newsletter about COVID-19 resources. You can subscribe by emailing Maxene Spolidoro at: [maxene.spolidoro@state.ma.us](mailto:maxene.spolidoro@state.ma.us)

**National Parent Helpline**

1-855-4APARENT (1-855-427-2736)

**Northeast Recovery Learning Community** has a support for parents trying to juggle work and parenting

<https://abh.memberclicks.net/assets/docs/COVID-19/Online%20Parents%20Support%20Group%20-%20NERLC.pdf>

**OYYAS Resource Guide** (from the Office of Youth and Young Adult Services at BSAS) mostly focuses on teens and young adults, but has activities, website links and resources for younger children as well.

<https://sites.google.com/view/oyyas-resource-guide/home>

**Parents Helping Parents**

Parental Stress Line (available 24/7): 1-800-632-8188

Online Support Groups occurring every day but schedule changes week to week

Check the website for schedule: <https://www.parentshelpingparents.org/>

- Click this link to join the meeting by computer or smartphone: <https://zoom.us/j/6607380697>
- No Computer, Dial in by phone: 1-646-558-8656 then input the meeting id 6607380697#

**Postpartum Support International** has a resource page specifically for Massachusetts

<https://psichapters.com/ma/>

**Signs Your Child Might Need Help** with information about how to find behavioral health support in English and Spanish:

<https://www.mass.gov/doc/signs-your-child-may-need-help-flier/download>

<https://www.mass.gov/doc/signs-your-child-may-need-help-flier-spanish/download>

**Sober Mommies:** online support group for moms in recovery

<https://sobermommies.com/groups/online-support/>

**The Neighborhood: A Virtual Hub for LGBTQ+ Families** has links for virtual events for LGBTQ+ parents/families

<https://www.familyequality.org/neighborhood/>

**Vital Village Network** has links to many online resources, including where to get food.

<https://www.vitalvillage.org/data-dashboard/customize/covid-19-resources>

**William James Colleges** Events Page has links to online parent groups and playgroups

<https://www.williamjames.edu/community/resource-hub/public-events-calendar.cfm>

**Zero to Three** has information for families about COVID-19, including answers to parents' questions about Coronavirus and infants/toddlers

<https://www.zerotothree.org/resources/3210-tips-for-families-coronavirus>

## **COVID-19 and Kids**

**CDC** has a checklist designed to help parents to evaluate their comfort level with kids returning to in-person instruction

<https://www.cdc.gov/coronavirus/2019-ncov/downloads/community/schools-childcare/back-to-school-decision-checklist.pdf>

**Child Mind Institute** has a variety of resources for helping families and kids cope with COVID-19

<https://childmind.org/>

Managing Anxiety During Reopening (available in English and Spanish):

[https://childmind.org/article/managing-anxiety-during-reopening/?utm\\_source=newsletter&utm\\_medium=email&utm\\_content=Managing%20Anxiety%20During%20Reopening&utm\\_campaign=Weekly-07-14-20](https://childmind.org/article/managing-anxiety-during-reopening/?utm_source=newsletter&utm_medium=email&utm_content=Managing%20Anxiety%20During%20Reopening&utm_campaign=Weekly-07-14-20)

<https://childmind.org/article/como-manejar-la-ansiedad-durante-la-reapertura/>

Preparing Your Child for Back-To-School Success:

[https://childmind.org/article/preparing-for-back-to-school-success/?utm\\_source=newsletter&utm\\_medium=email&utm\\_content=Preparing%20for%20Back-to-School%20Success&utm\\_campaign=Public-Ed-Newsletter](https://childmind.org/article/preparing-for-back-to-school-success/?utm_source=newsletter&utm_medium=email&utm_content=Preparing%20for%20Back-to-School%20Success&utm_campaign=Public-Ed-Newsletter)

**Child Trends/Positive Parenting:**

[Signs of COVID Stress in Kids](#), 1 minute video

[Vaping, Teens, and COVID-19](#), 2 minute video

**Heart Association** provides a list of 25 ways for kids to get moving at home

[https://www.heart.org/en/healthy-living/fitness/getting-active/25-ways-to-get-moving-at-home-infographic?utm\\_campaign=fyi\\_newsletter&utm\\_medium=email&utm\\_source=govdelivery](https://www.heart.org/en/healthy-living/fitness/getting-active/25-ways-to-get-moving-at-home-infographic?utm_campaign=fyi_newsletter&utm_medium=email&utm_source=govdelivery)

**Just for Kids: A Comic Exploring the New Coronavirus**

<http://www.capradio.org/articles/2020/03/07/just-for-kids-a-comic-exploring-the-new-coronavirus/>

**Kids Activities Blog** has lots of suggestions for things kids can do while stuck at home

<https://kidsactivitiesblog.com/category/stuck-at-home/>

**National Child Traumatic Stress Network** resource on helping parents talk to children about COVID-19, as well as ideas about activities to do at home

[https://www.nctsn.org/sites/default/files/resources/fact-sheet/outbreak\\_factsheet\\_1.pdf](https://www.nctsn.org/sites/default/files/resources/fact-sheet/outbreak_factsheet_1.pdf)

link to same in multiple languages:

<https://www.nctsn.org/resources/parent-caregiver-guide-to-helping-families-cope-with-the-coronavirus-disease-2019>

Simple Activities for Children and Adolescents

[https://www.nctsn.org/sites/default/files/resources/fact-sheet/simple\\_activities\\_for\\_children\\_and\\_adolescents\\_4.pdf](https://www.nctsn.org/sites/default/files/resources/fact-sheet/simple_activities_for_children_and_adolescents_4.pdf)

**Sesame Street** has a Caring for Each Other page, with videos, activities, and online books to support young children and their parents during the COVID-19 crisis. Parents can also sign up for an online newsletter to get updates.

<https://www.sesamestreet.org/caring>

**Talking to children about Covid-19**

[Talking to Children About COVID-19 \(Coronavirus\): A Parent Resource](#) (available in multiple languages)

**Time to come in, Bear (a short video for young children about physical distancing)**

[https://www.youtube.com/watch?v=DA\\_SsZFYw0w&fbclid=IwAR38adgHsKi7U0LYE33HFhVXP4rJPDcS-6zY\\_JytF\\_1JwylWII7IbK\\_FM7Y](https://www.youtube.com/watch?v=DA_SsZFYw0w&fbclid=IwAR38adgHsKi7U0LYE33HFhVXP4rJPDcS-6zY_JytF_1JwylWII7IbK_FM7Y)

**WBUR CitySpace** offers a virtual series for families with children from five to 12 years old. 6 weeks.

“6 projects. A summer of fun!”

<https://www.wbur.org/tag/cityspace-summer-camp>

**Wide Open School** has “Virtual Summer Camp” activities for preschool through grade 5

[https://wideopenschool.org/programs/family/prek-5/virtual-summer-camp/?j=7875816&sfmc\\_sub=171210912&l=2048712\\_HTML&u=149253244&mid=6409703&jb=234&utm\\_source=media\\_nl\\_20200708&utm\\_medium=email#PreK](https://wideopenschool.org/programs/family/prek-5/virtual-summer-camp/?j=7875816&sfmc_sub=171210912&l=2048712_HTML&u=149253244&mid=6409703&jb=234&utm_source=media_nl_20200708&utm_medium=email#PreK)

## **Behavioral Health/Self-Care**

**7cups** offers free emotional support. No matter what you are going through you will be heard and cared for. 24/7 chat.

<https://www.7cups.com/online-therapy/>

**Advocates for Human Potential** has developed a guide for overcoming isolation during COVID-19

<https://tinyurl.com/y7oqonwo>

**Centers for Disease Control** offers tips on managing stress during COVID-19

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>

**Child Mind Institute** has an article on how to avoid passing along anxiety to your kids

[https://childmind.org/article/how-to-avoid-passing-anxiety-on-to-your-kids/?utm\\_source=newsletter&utm\\_medium=email&utm\\_content=%20Parents%20Guide%20to%20Problem%20Behavior&utm\\_campaign=Weekly-03-16-20](https://childmind.org/article/how-to-avoid-passing-anxiety-on-to-your-kids/?utm_source=newsletter&utm_medium=email&utm_content=%20Parents%20Guide%20to%20Problem%20Behavior&utm_campaign=Weekly-03-16-20)

### **Cory Johnson Program for Post-Traumatic Healing**

**Can We Talk?** provides opportunities for people to share their stories of trauma and loss, and to heal together  
By phone, Every Thursday night at 6:30pm

For information about meeting call-in information, check on Facebook:

[https://www.facebook.com/events/376326353045038/?event\\_time\\_id=376326383045035](https://www.facebook.com/events/376326353045038/?event_time_id=376326383045035)

**COVID Coach** is an app created by the VA for everyone, including Veterans and Servicemembers, to support self-care and overall mental health during the coronavirus (COVID-19) pandemic.

[https://www.ptsd.va.gov/appvid/mobile/covid\\_coach\\_app.asp](https://www.ptsd.va.gov/appvid/mobile/covid_coach_app.asp)

### **Crisis Text Line**

<https://www.crisistextline.org/>

**Department of Mental Health** has an online directory of organizations in Massachusetts that offer linguistically and culturally appropriate mental health and related services for communities of color, LGBTQ community, immigrants, and refugees.

<https://www.mass.gov/lists/dmh-multicultural-mental-health-resource-directory>

**Futures Without Violence** has a variety of resources for survivors of/people experience sexual assault/domestic violence, as well as resources for programs

<https://www.families-first.org/resources/>

**Liberation Meditation** offers a meditation app designed by and for people of color

<https://www.facebook.com/liberatemeditation/>

### **Local Crisis Hotlines**

- Northampton CSO 413-586-5555
- Greenfield CSO 413-774-5411
- Holyoke BHN 413-532-8016
- Springfield BHN 413-733-6661

**Massachusetts Emergency Services Program/Mobile Crisis Intervention (ESP/MCI)** can be contacted for those in emotional/behavioral health crisis without having to go to an emergency room

1-877-382-1609

For contact information by region:

<https://www.mass.gov/info-details/emergency-services-program-contact-information>

**National Domestic Violence Hotline** offers help to people experiencing violence in their home during COVID-19 restrictions. There is a hotline, texting service, and webchat service.

<https://www.thehotline.org/2020/03/13/staying-safe-during-covid-19/>

**National Suicide Prevention Lifeline**

➤ 800-273-8255

**Network of Care Massachusetts** enables you to search for behavioral health providers throughout Massachusetts

<https://massachusetts.networkofcare.org/mh/>

**Samaritans:** Helpline remains open 24/7 for calls and texts at

➤ 877-870-4673

**SAMHSA**

**National Helpline**

➤ 800-662-4357

<https://www.samhsa.gov/find-help/national-helpline>

**Taking care of your behavioral health during COVID-19 (from SAMHSA)**

<https://www.samhsa.gov/sites/default/files/tips-social-distancing-quarantine-isolation-031620.pdf>

**US Department of Veterans Affairs** has information on managing stress specifically for people with PTSD

[https://www.ptsd.va.gov/covid/COVID\\_managing\\_stress.asp](https://www.ptsd.va.gov/covid/COVID_managing_stress.asp)



## **FINANCIAL AND BASIC NEEDS ASSISTANCE DURING COVID-19**

**Aunt Bertha** is a website from Anthem/Blue Cross Blue Shield that helps connect individuals and families to free and reduced-cost social services in their communities. These programs include COVID-19-specific assistance, such as food delivery and help paying for bills. Searchable by zip code

<https://anthembcbs.auntbertha.com/>

**City of Boston Rental Relief Fund:** This is a \$3 million Rental Relief Fund through the Office of Housing Stability for Boston residents at risk of losing their rental housing due to the COVID-19 pandemic: [Boston Rent Relief Fund](#) The funds will help income-eligible tenants in the City of Boston who:

- do not have access to expanded unemployment benefits, or
- because of the nature of their jobs, the unemployment benefits they will receive represent a significant reduction in their actual income.

Tenants can complete the [On-Line Screening Tool](#)

**Department of Transitional Assistance** has announced that clients can now apply for SNAP, TAFDC and EAEDC by phone. In addition, through July 31st, DTA will accept telephonic signature, which means that clients are able to apply for DTA benefits over the phone without having to submit a signed paper application or a web application. Telephonic signature is restricted to applications and cannot be used for Recertifications, Interim Reports or other documents requiring a signature.

- **To Apply for SNAP:** Applicants can call the DTA Assistance Line at 877 382 2363.
- **To apply for TAFDC:** Applicants can call any DTA office ([click here for contact info](#)). If needed, leave a message and a case manager will call back

**Frontline MA** is a website from Attorney General Maura Healey's Office for frontline workers. It includes information about basic needs, PPE, testing, self-care and emergency childcare

<https://www.frontlinema.org/>

**The Greg Hill Foundation Restaurant Strong Foundation** provides grants to restaurant workers in need:

<https://www.thegreghillfoundation.org/restaurantstrong/>

**Harvard Law School Federal Tax Clinic** is offering help through July 15 with filing State and Federal Tax returns in order (which are required to receive stimulus checks)

Call MONDAY - FRIDAY FROM 9am – 5pm for more information and to schedule a virtual appointment:  
(617) 390-1729 or (617) 522-3003

**ICNA Relief** offers cooked meals and produce in Roxbury

<https://www.icnarelief.org/massachusetts/>

**Massachusetts Jobs with Justice** has compiled a list (in multiple languages) of emergency relief funds for workers. Many are geared toward specific groups (based on geography, type of work, immigration status, etc.)

[https://docs.google.com/document/d/14heQAXO\\_d1ngoQALphBW7YD9RsmPF0ALCIQagB9wg/edit](https://docs.google.com/document/d/14heQAXO_d1ngoQALphBW7YD9RsmPF0ALCIQagB9wg/edit)

**MassHealth** has information for their members about food assistance in English and Spanish

English: <https://link.zixcentral.com/u/88f03b8f/qlJOXo6f6hGP8M-6hns0Mg?u=https%3A%2F%2Fwww.mass.gov%2Fdoc%2Ffood-assistance-during-the-covid-19-emergency%2Fdownload>

Spanish: <https://link.zixcentral.com/u/2ae0bf6a/vnVOXo6f6hGdLs-6hnsoMg?u=https%3A%2F%2Fwww.mass.gov%2Fdoc%2Fasistencia-alimentaria-durante-la-emergencia-por-covid-19%2Fdownload>

**Masslegalhelp.org** has a wealth of information about public benefits and legal protections during the COVID-19 epidemic

<https://www.masslegalhelp.org/health-mental-health/covid-19>

**Mass UnDocuFund:** This is a partnership between grassroots immigration and workers' organizations in MA to provide financial assistance to undocumented workers in need:

<https://www.massundocufund.org/>

**“Meals for Kids” Interactive Map** directs people to local sites where kids can get free meals. The site finder currently lists more than 20,000 meal sites from 23 states, and more sites will be added as states submit data each week. The map is available in both English and Spanish at

[www.fns.usda.gov/meals4kids](http://www.fns.usda.gov/meals4kids).

**Parenting Journey** is creating an emergency fund and families can request a stipend (it's not required that you have attended any PJ groups, any families in need of assistance are welcome to apply) for those impacted financially by the COVID-19 crisis.

<https://parentingjourney.org/it-takes-a-village-emergency-fund/>

**Project Bread's FoodSource Hotline** provides up-to-date information– in multiple languages – about what is happening in school districts and what resources are available, such as SNAP application assistance, and referrals to open community resources.

The FoodSource Hotline can be reached at 1-800-645-8333 or by chat at [Gettingsnap.org](http://Gettingsnap.org)

**RAFT** is a financial assistance program designed to give eligible households up to \$4,000 per year to avoid or exit homelessness. Typical uses for RAFT include paying for rent, mortgage or utility arrears, first and last month's rent, and moving expenses. There are strict eligibility guidelines, and people must apply for funding through the RAFT administering agency for their geographic area. For more information about the program and RAFT administering agencies, see these flyers:

- In English: [http://mahomeless.org/images/RAFT\\_UPDATE\\_-\\_MCH-English\\_-\\_march\\_30.pdf](http://mahomeless.org/images/RAFT_UPDATE_-_MCH-English_-_march_30.pdf)
- In Spanish: [http://mahomeless.org/images/RAFT\\_UPDATE\\_-\\_MCH-Spanish-March\\_30.pdf](http://mahomeless.org/images/RAFT_UPDATE_-_MCH-Spanish-March_30.pdf)

**Welcome Project's Immigrant Assistance Fund** provides one-time financial assistance to immigrants in need who live in Somerville, Medford, Everett, Malden, or Cambridge, regardless of immigration status

<https://www.welcomeproject.org/immigrant-fund>

**Jewish Family and Children’s Services has a page devoted to COVID-19 resources**

<https://www.jfcsboston.org/COVID-19/COVID-19-Resources>

They also maintain links that are available to the public with resource information. Some of them duplicate the resources above. The advantages of using these links is that they are updated in real time, so you don’t have to wait to receive an updated document. **The first link below is a particularly good resource for understanding what is happening with public benefits programs and basic needs.**

**COVID-19 Concrete Needs Resources and Supports (DTA, SNAP, Housing etc)**

<https://public.3.basecamp.com/p/fqFWz4R5xUj3o5XQiWcfj9N9>

**Online/Virtual Recovery Supports**

<https://public.3.basecamp.com/p/eETWixRCPBr7iJ5PAqE4QiUP>

**Online Parenting Support Groups/Childbirth/Breastfeeding/Postpartum**

<https://public.3.basecamp.com/p/xajXU3qd19CN6igT2Xe2uouu>

**Parenting Activities/Things to do with Kids**

<https://public.3.basecamp.com/p/KjX9ieiruTEMxpW1kqNanaw8>

**Resources for Talking with Children about COVID-19**

<https://public.3.basecamp.com/p/PgHq2RhUK5eqcZcAL41kqxD>

**Working From Home/Self Care**

<https://public.3.basecamp.com/p/cu4ChakPKxCkCc91HHSfJR7w>

**Massachusetts SUD and Mental Health Resources PDF COVID-19 (PDF)**

<https://public.3.basecamp.com/p/Rkv2NsgK3PDgZi3nUW1KxE9G>

**Massachusetts Law Reform Institute Food Assistance Guidelines**

<https://public.3.basecamp.com/p/cJLXNB8aDL4mxbgGTP2inwg7>

**Large online recovery group list with QR codes**

<https://public.3.basecamp.com/p/NMCH42A7eYyE1EtVGbLphc6o>

**23 page PDF of AA Meetings online**

<https://public.3.basecamp.com/p/nXKzbpPvxWYSXKoeGsxv3LPB>

**Massachusetts Health Connector extended enrollment (until April 25, 2020) info**

<https://public.3.basecamp.com/p/KAUGY3RVz9BCaq5PeKNC357p>