

## COVID-19 Support Resources

### Grief and Bereavement

- Child and family Grief support - Imagine, A Center for Coping with Loss at [www.imagenenj.org](http://www.imagenenj.org) 908-264-3100
- Resources for grieving youth - National Alliance for Grieving Children: [www.childrengrieve.org](http://www.childrengrieve.org) and [Responding to Change and Loss Toolkit](#)
- Resources for grieving students - National Center for School Crisis and Bereavement - [www.schoolcrisiscenter.org](http://www.schoolcrisiscenter.org)

### Mental Health

- [Taking Care of Your Mental Health During the Coronavirus](#) – NJ Dept of Human Services including *NJ Mental Health Cares Helpline 1-866-202-HELP (4357)*
- [Taking Care of Your Mental Health During Coronavirus](#) – by What's Your Grief
- How to Talk to Your Children about the Coronavirus [childmind.org/article/talking-to-kids-about-the-coronavirus/](http://childmind.org/article/talking-to-kids-about-the-coronavirus/)

### National Hotlines

- [Suicide Prevention Lifeline](#)  
24/7 phone/online support  
**800-273-8255** / [suicidepreventionlifeline.org](http://suicidepreventionlifeline.org)
- [National Alliance for Mental Illness Hotline \(NAMI\)](#)  
**800-950-6264**
- [Substance Abuse and Mental Health Services Administration](#)  
SAMHSA's National Helpline **800-662-HELP**

### Crisis Support

- Text **CONNECT** to **741741**
- [Caring Contact](#) Crisis Response Line - 908.232.2880
- [National Council on Alcoholism and Drug Dependence Hotline](#)  
**800-622-2255**

A Center for Coping with Loss  
[www.imagenenj.org](http://www.imagenenj.org)



Imagine

***Additional Resources:***

- [Toolkit for Adults to Help Children Cope with COVID-19](#) (National Child Traumatic Stress Network)
- [Talking to Children About COVID-19 - A Parent Resource](#) (National Association of School Psychologists)
- [Talking with Children: Tips for Caregivers, Parent, and Teachers During Infectious Disease Outbreaks](#) (Substance Abuse and Mental Health Services Administration)