

Resources

Family

Information for families in Suffolk, UK

www.Suffolk.gov.uk/family

Information for families in Norfolk, UK

www.Norfolk.gov.uk/children-and-families

Information for families in Cambridgeshire, UK

www.cambridgeshire.gov.uk/residents/children-and-families

DoDEA Information

<https://www.dodea.edu/schools.cfm>

National Domestic Abuse Helpline

<https://www.nationaldahelpline.org.uk>

Domestic Violence UK

<https://domesticviolenceuk.org/>

Children/School

Parent/care giver guide

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

Talking to kids

<https://childmind.org/article/talking-to-kids-about-the-coronavirus/>

<https://momentousinstitute.org/blog/how-to-talk-to-children-about-coronavirus>

Reducing student anxiety

<https://www.common sense.org/education/articles/reduce-student-anxiety-and-your-own-during-uncertain-times>

Talking to Children About COVID-19

Published by National Assoc. of School Psychologist and National Assoc. of School Nurses

[https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-\(coronavirus\)-a-parent-resource](https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource)

Talking With Children About Coronavirus Disease in 2019

Published by the Center for Disease Control

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/talking-with-children.html>

COVID-19, School Closure, and Trauma

Published by STARR Commonwealth

<https://starr.org/covid-19-school-cancellation-and-trauma/>

A step-by-step video to show people how to create a Tutor.com account and also how to have a session.

<https://youtu.be/jBhJwYzM0hU>

Quick webinars for parents starting next week 23 -27 Mar with tips on “being home” with students and on-line learning. These will be posted on the Tutor.com/military Facebook page.

www.facebook.com/TutordotcomForMilitary

Keeping up with School

<https://military.tutor.com>

Mental Health

Military OneSource (Active Duty and dependents)

www.militaryonesource.com

Employee Assistance Program (civilian employees and dependents)

www.afpc.af.mil/EAP or 866-580-9078 (US)

Keeping Your Distance to Stay Safe (you may have to copy and paste the URL):

<https://www.apa.org/practice/programs/dmhi/research-information/social-distancing>

Seven Crucial Research Findings that Help People Deal with COVID-19 (you may have to copy and paste the URL):

<https://www.apa.org/news/apa/2020/03/covid-19-research-findings>

Taking Care of Your Behavioral Health During an Infectious Disease Outbreak:

<https://store.samhsa.gov/product/Taking-Care-of-Your-Behavioral-Health-During-an-Infectious-Disease-Outbreak/sma14-4894>

Parent/Caregiver Guide to Helping Families Cope with the Coronavirus 2019:

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

Telephone non-medical counseling and military specific resources for COVID-19:

<https://www.militaryonesource.mil/family-relationships/family-life/preparing-your-family-for-emergencies/coronavirus-updates>