



COMMUNITY RESOURCES DURING COVID-19

In times of crisis, communities come together and do what they can to continue to thrive. Below are free resources to share with your communities, schools, parents and teens. Together, we will make it through stronger than ever!

For Community:

- **DuPage County Health Department:** For up to date information on COVID-19, call center information and latest news, visit, <https://www.dupagehealth.org/590/Coronavirus-Disease-2019-COVID-19-Inform>
- **Northwestern Medicine:** For information on visitor restrictions, high risk groups and other updates, visit, <https://www.nm.org/conditions-and-care-areas/infectious-disease/covid-19>
- **Linden Oaks Behavioral Health:** For mental health and wellness information and resources, visit, <http://www.dupageplt.org/resources>

For Schools:

- **Resources for E-Learning:** Human Performane Project-Free online curriculum focused on health and wellness. Visit. <https://ilhpp.org/science-modules-mood-mindset#>
- **Training and TA for Staff:** Virtual training for school staff on vaping and marijuana. Contact, <http://www.dupageplt.org/membership> for more information.
- **Resilience Survey:** Free, 15 minute survey to identify how COVID-19 is impacting students and staff and strategies for how to respond. Visit, <http://authconn.com/> for more information.

For Parents:

- **Illinois PTA:** Free resources and lesson plans for at home learning. Visit. <https://illinoispta.org/learning-at-home/>
- **Glenbard Parent Series Take 5's:** Hear from parenting experts on various topics. Visit, <https://www.glenbardwesths.org/news/glenbard-parent-series-presents-take-5-videos/>

For Teens:

- **Reality Illinois:** Teen Advisory Council to DuPage County Health Department. High school aged teens are meeting virtually every Monday at 3pm to connect, hear from guest speakers and gain skills to aid them in decision making. Visit: <http://www.dupageplt.org/our-vision> for more information.
- **Teen Tool Box:** Self-Care Coloring Pages, Take in the Good Downloads, Blogs, Podcasts, Free Audio Mindfulness Practices, Videos, Trainings and New Daily Take 5 Positive Coping Skills. Visit <https://www.stressedteens.com/covid-19-tool-kit> to access all of these resources
- **Crisis Text Line:** Free, confidential text service for teens who are experiencing a mental health crisis. Text "REACH" to 741741.

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