

Mental Health, Town Resources, and Helpful links:

In the midst of chaos, it can be hard to remember to slow down, take a breath, and think of simple solutions.

We are all feeling it right now - and we need to remember that taking care of ourselves and each other is vital.

Here you will find resources during the COVID-19 epidemic, as well as strategies and tips for supporting your mental health (and your family's)

Cuando las cosas estan dificiles, debemos recordar reducir la velocidad, respirar y pensar en soluciones simples.

Cuidarnos a nosotros mismos y a los demás es esencial.

Aquí hay recursos para usted y su familia:

How to Support Family Mental Health

Apoyando la salud mental de su familia:

1. **Routine is key - sit down as a family to develop a daily routine, even if it is day by day.**
Crea una rutina para tus hijos, incluso solo día a día.
2. **Fear and Anxiety are basic human emotions and understandable in a time like this. It's important to remind ourselves, and our children, that anxiety is NOT a bad thing - it keeps us informed and motivated to do the right thing**
El miedo y la ansiedad son normales, no son malos sentimientos.

3. **Anxiety is to be expected - our focus should be on how we show up to our anxiety recognizing our own signs and our children's signs.**

Ayude a su hijos a notar ansiedad ya ayudelo a usar una habilidad de afrontamiento.

4. **Utilize your own trusted support networks and stay in contact with community communications**

Mantenerse en contacto y conectado con sus seres queridos. FaceTime familiares y amigos.

5. **The town has resources - use them!**

La ciudad de Winthrop tiene apoyos, usalos.

6. **School Counselor Supports**

Fort Banks:

Alessandra Scorzella

ascorzella@winthrop.k12.ma.us

Arthur T. Cummings Elementary School:

Anita Preble

Anita.Preble@winthrop.k12.ma.us

Winthrop Middle School:

Megan Knoster

MKnoster@winthrop.k12.ma.us

Taryn O'Neill

TONEill@winthrop.k12.ma.us

Megan Fitzpatrick

MFitzpatrick@winthrop.k12.ma.us

Winthrop High School:

Mike Kearney

MKearney@winthrop.k12.ma.us

Ben Cimmino

BCimmino@winthrop.k12.ma.us

7. Virtual Counseling/Text Support Lines

Líneas de asesoramiento virtual:

***Samaritans Statewide Helpline**

Call or Text 24/7

877-870-4673

***National Suicide Prevention Line**

Call: 800-273-8255

Text: 741-741

***Trevor Helpline**

Call: 866-488-7386

Text START to 678-678

Town Resources

Recursos de la Winthrop:

Emergency Operations Center for Winthrop

Centro de operaciones de emergencia para Winthrop

- Covid19info@town.winthrop.ma.us
- 617-539-5848
- Monday-Friday 8-4pm

[Town of Winthrop COVID-19 Updates Video](#)

Winthrop Public Schools Access to Meals: Grab and Go

Winthrop escuelas públicas comidas gratis:

- Location: Rear parking lot next to baseball field at Winthrop High School
- Hours: 11:00 am -1:00 pm
- Cost: FREE for any Winthrop School

- Call 617-539-5848 if you need help getting the meals

Winthrop Food Pantry - at Arthur T. Cummings Elementary School - 40 Hermon Street
Ayuda en alimentos y comestibles de Winthrop a escuela de ATC 40 Calle Hermon

- Tuesdays and Thursdays 11am - 1pm
- Collecting donations Mondays and Wednesdays 11am -1pm
- For more information contact MRodes@town.winthrop.ma.us
- For delivery options if getting to the location is a challenge, please call 617-539-5848

Additional Counseling Resources:

- [Community Supports and Resources](#)
- [Wellness Smartphone Apps](#)
- [Managing Anxiety](#)

Helpful Links and Information

Enlaces Utiles y Informacion:

- [Supporting individuals with Autism during these uncertain times](#)
- [Resources and support for LGBTQ youth/community](#)
- [Coronavirus anxiety: Tara Brach on how to use mindfulness in a pandemic - Vox](#)
- [FREE Calm meditations and soundscapes](#)
- [Meditation Apps for Kids](#)
- [Guided Self-Compassion Meditations - Kristin Neff](#)
- [Guided Audio & Video | UCSD Center for Mindfulness](#)
- [Mindfulness Videos | UCSD Center for Mindfulness](#)
- [Mindful Poetry | UCSD Center for Mindfulness](#)
- [Mindfulness in Other Languages – UCSD Center for Mindfulness](#)
- [Weekly Podcast at the Hammer - UCLA Mindful Awareness Research Center - Los Angeles, CA](#)
- [Smiling Mind on the App Store](#)
- [Take a Break! - Meditations for Stress Relief on the App Store](#)
- [How to Talk to Your Anxious Child or Teen About Coronavirus | Anxiety and Depression Association of America, ADAA](#)
- [How to Talk to Children about the Coronavirus](#)
- [Talking to Teen/Tweens about Coronavirus](#)
 - **[Here](#) is a pamphlet from the article
- [A Comic created from NPR based on interviews with experts](#)

- [The NASP released a resource for parents](#)
- [COVID-19 Fact Sheet \(English\)](#)
- [Recurso para padres](#)
- [Qué hacer si estas enfermo](#)