RESOURCES FOR PARENTS OF TEENS DURING THIS CORONAVIRUS SHUTDOWN

A Helpful Visual:
Articles:

Self Care in the Time of Coronavirus (for parents)

Supporting Teenagers and Young Adults During the Coronavirus Crisis

How to Talk to your Anxious Child or Teen About Coronavirus

How to Help Your Teen Through the Coronavirus Shutdown

An Open Letter to High School Seniors

That Discomfort That You Are Feeling Is Grief

(Free) Apps/Message Boards For Teens:

“Teen Talk – Supporting Teens” (only for Apple devices right now)

www.teenlineonline.org

http://www.7cups.com/

www.scarleteen.com (for sexuality/gender concerns)

www.trevorspace.org (for LGBTQ teens)

Apps Anyone Can Benefit From:

Meditation:
Calm
Headspace
Evenflow

Anxiety:
Stop Breathe and Think
Breathe2Relax
SAM
Mindshift

Suicide Specific:
MY3
Virtual Hopebox
Relaxation/Fun:
Happy Color
Color Switch

OTHER RESOURCES

**National Suicide Prevention Lifeline** (Didi Hirsch) 24/7: 1.800.273.TALK (8255)
Veterans: press 1 or text 838255
Para español, oprima el numero 2

**Disaster Distress Helpline:** 800-985-5990

**Crisis Text Line** (24/7): Text LA to 741741

**Teen Line:** Text TEEN to 839863 (6 p.m. to 9 p.m. daily), email at https://teenlineonline.org/talk-now/

**The Trevor Project for LGBTQ Youth** (24/7): 1.866.488.7386 or Text START to 678678

**Didi Hirsch Survivors of Suicide Attempts** (SOSA): 424.362.2901

**Didi Hirsch Survivors After Suicide** (SAS): 424.362.2912 for (SAS) adults and 424.362.2911 for (SAS) teens

**Los Angeles County Department of Mental Health Access Line:** 1.800.854.7771

**Los Angeles County Community Resources Information Line:** 2-1-1

**County of Los Angeles Resources:**
The Department of Public Health has created guidance for shelters. LAHSA has launched an informational site, which includes the most recent information.

**Los Angeles County Department of Mental Health:**
[COVID-19 information page](#) with additional mental health and wellbeing resources, including tips and guidance for healthcare workers.

**Los Angeles County Department of Public Health:** [Coronavirus webpage](#)

**Los Angeles County:**
[COVID-19 site](#)