

Resource Numbers and Websites

Coping Strategy Resources and Hotline Numbers

Hotline Numbers

Local COVID-19 Mental Health Support Line # 325-646-5939 (Monday thru Friday 8am -5pm)

Texas State COVID-19 Mental Health Support Line # 833-986-1919(24 hours & 7 days a week)

Local Center for Life Resources Trials 24-Hour Crisis Hotline1-800-458-7788

Crisis Text Line: Text “

Hotlines: National Suicide Prevention Lifeline: 1-800-273-8255 (TALK)

<https://www.211texas.org/>

Website Resources re COVID- 19 Holiday Tips

<https://www.brownwoodtexas.gov/546/COVID-19-Prevention-Tips>

<https://www.dshs.state.tx.us/coronavirus/tools/holiday.aspx>

Resources and Tips Safety for Guardians of Children and Teens

www.SafeKids.org

<https://www.safekids.org/coronavirus-resources-keep-kids-safe-injuries>

toysafetytips.org Toy Safety Report

www.PoisonControl.org

Centers for Disease Control (CDC) www.cdc.gov

Consumer Product Safety Commission (CPSC) www.cpsc.gov

Help for Parents. Hope for Kids. www.HelpandHope.org

DSHS - <https://www.dshs.texas.gov/hazpro/safety.aspx>

Constructed List by CFLR (Crisis Counseling Assistance Program)- CCP Response Team
On December 2020 with assistance of accredited websites listed above.

Activities for Individuals, Kids, Teens & Families

<https://ccprelaxation.org/> - Website for Relaxation Video and Activities

Other Resources Sites for Special Populations

https://www.ncoa.org/ncoa_acf/covid-19-resources-for-older-adults/

<https://www.cdc.gov/women/caregivers-covid-19/index.html>

https://www2.erie.gov/seniorservices/sites/www2.erie.gov.seniorservices/files/uploads/RIC_Caregiver_Stress_and_Isolation_Resource_Guide_0.pdf

<https://archrespice.org/covid-19-respice-resources>