

COVID-19 Helpful Resource Guide

General COVID-19 Resources

<https://www.mass.gov/resource/information-on-the-outbreak-of-coronavirus-disease-2019-covid-19>

More General Resources (nicely organized) from- Seth Moulton's website

<https://moulton.house.gov/media/updates/coronavirus-resources>

Applying for unemployment

<https://www.mass.gov/how-to/apply-for-unemployment-benefits>

Mental Health

<https://www.mass.gov/orgs/massachusetts-department-of-mental-health>

SNAP On line application:

www.mass.gov/vg/selfservice

Paper application:

<https://www.mass.gov/files/documents/2017/11/01/c-snapapp-eng.pdf>

MassHealth

For the health and safety of members and staff, all MassHealth Enrollment Centers are closed to walk-in visitors. Please call (800) 841-2900 if you have questions about coverage, or

Maintaining Emotional Health and Wellbeing during COVID-19

<https://www.mass.gov/info-details/maintaining-emotional-health-well-being-during-the-covid-19-outbreak>

How to talk with children about COVID-19

[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)

Passing time:

https://www.wdrb.com/community/activities-parents-and-kids-can-do-together-during-coronavirus-closures/article_8cb665ac-678e-11ea-88c5-6740675a1b27.html

Education:

<https://www.wgbh.org/foundation/press/wgbh-partners-with-massachusetts-department-of-elementary-and-secondary-education-to-provide-tv-and-digital-distance-learning-options-for-students-and-educators-during-school-closures>

<https://www.livescience.com/coronavirus-kids-activities.html>

<https://classroommagazines.scholastic.com/support/learnathome.html>

<https://www.brainpop.com/>

<https://outschool.com/>

Stress management

<https://www.pbs.org/parents/thrive/how-you-and-your-kids-can-de-stress-during-coronavirus>

Coping for the family:

<https://childmind.org/coping-during-covid-19-resources-for-parents/>

Everett Police Department

<https://www.everettpolicema.com/>

Everett Fire Department

<https://everettfirema.com/index.html>

• **The Samaritans Suicide Hotline**

24h 617-247-0220

Toll Free 1-877-870-4673

508-875-4500

Provides help and information about suicide.