


# South Central Louisiana Human Services Authority

## Web Resources for COVID-19

### Region III Resource APP (Assumption, Lafourche, St. Charles, St. James, St. John the Baptist, St. Mary and Terrebonne Parishes)

<p>Behavioral Health, Government Assistance, COA/Senior Ctrs, Emergency Assistance, Legal Aid, Hospitals HIV Referral Resources, Transportation, Food Banks, Housing/Shelters, Inpatient Treatment Facilities, Halfway House, Nursing Homes, War Veterans Homes, Pharmacies, Hotlines &amp; Helplines, General Assistance</p>	 <p>for iPhone to download app</p> <p><a href="https://sclhsa.com/">https://sclhsa.com/</a> for Droid to download app</p> <p>This is an electronic form of the Resource Guide</p>
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### Addictions

Free online recovery group meetings	<a href="http://IntheRooms.com">IntheRooms.com</a>
Free app for recovery group meetings	<a href="https://www.addictionpolicy.org/post/free-app-to-support-people-in-recovery-during-covid-19-outbreak">https://www.addictionpolicy.org/post/free-app-to-support-people-in-recovery-during-covid-19-outbreak</a>

### Anxiety

Tool kit to deal with anxiety	<a href="https://www.virusanxiety.com/">https://www.virusanxiety.com/</a>
Worksheet to help with anxiety.	<a href="https://www.mhanational.org/sites/default/files/B2S%202018%20Worksheet%20-%20Keep%20Your%20Mind%20Grounded.pdf">https://www.mhanational.org/sites/default/files/B2S%202018%20Worksheet%20-%20Keep%20Your%20Mind%20Grounded.pdf</a>
Anxiety testing. Ask questions, you submit, it tells you level of anxiety and offers resources.	<a href="https://screening.mhanational.org/screening-tools/anxiety?ref=HTFoundation&amp;ipiden=7117168c2f07a9ecd346126e428b5743&amp;show=1">https://screening.mhanational.org/screening-tools/anxiety?ref=HTFoundation&amp;ipiden=7117168c2f07a9ecd346126e428b5743&amp;show=1</a>

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### Coronavirus Information

CDC Coronavirus information	<a href="https://www.cdc.gov/coronavirus/2019-ncov/index.html">https://www.cdc.gov/coronavirus/2019-ncov/index.html</a>
Louisiana Department of Health Coronavirus information	<a href="http://www.ldh.la.gov/">http://www.ldh.la.gov/</a>
World Health Organization Coronavirus information	<a href="https://www.who.int/emergencies/diseases/novel-coronavirus-2019">https://www.who.int/emergencies/diseases/novel-coronavirus-2019</a>

### Developmental Disabilities

Information for Autism community	<a href="https://www.autismspeaks.org/science-news/what-should-autism-community-know-about-coronavirus-outbreak">https://www.autismspeaks.org/science-news/what-should-autism-community-know-about-coronavirus-outbreak</a>
Article about DD and COVID-19	<a href="https://www.dailyprogress.com/news/local/vital-signs-the-importance-of-community-inclusion-for-people-with/article_d936c6ef-fed0-5dc7-923b-c5af3af8866a.html">https://www.dailyprogress.com/news/local/vital-signs-the-importance-of-community-inclusion-for-people-with/article_d936c6ef-fed0-5dc7-923b-c5af3af8866a.html</a>

### Educational – Books for free

Google Books has a big catalog of free eBooks available online	<a href="https://books.google.com">books.google.com</a>
Online database offers links to free downloads of hundreds of eBooks, which you can send to your smart phone or eReader	<a href="https://openculture.com">openculture.com</a>
Project Gutenberg offers a database of downloads in the public domain, including out-of-print and hard-to-find texts.	<a href="https://gutenberg.org">gutenberg.org</a>
If you're looking for a classic, especially if it's a well-loved children's book, you're likely to find it here.	<a href="https://read.gov">read.gov</a>

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### Educational – Children

Virtual tours for students	<a href="https://virtualschoolactivities.com/">https://virtualschoolactivities.com/</a>
Virtual field trips	<a href="https://www.discoveryeducation.com/community/virtual-field-trips/">https://www.discoveryeducation.com/community/virtual-field-trips/</a>
Resource for parents/students. A lot of worksheets and books by grade level	<a href="https://www.greatschools.org/gk/coronavirus-school-closure-support/">https://www.greatschools.org/gk/coronavirus-school-closure-support/</a>
Free Coronavirus packs for PK – 5 <sup>th</sup> grade	<a href="https://www.havefunteaching.com/resources/relief-packs/">https://www.havefunteaching.com/resources/relief-packs/</a>
Hand out to explain the virus to children	<a href="https://www.autismspeaks.org/sites/default/files/flu_teaching_story_final%20%281%29.pdf">https://www.autismspeaks.org/sites/default/files/flu_teaching_story_final%20%281%29.pdf</a>

### Educational – Elderly

Free sudoku puzzles	<a href="https://www.websudoku.com/">https://www.websudoku.com/</a>
Free crossword puzzles	<a href="https://www.boatloadpuzzles.com/playcrossword">https://www.boatloadpuzzles.com/playcrossword</a>
Over 40 free cognitive games and exercises, users have the opportunity to improve their critical thinking, memory, and problem-solving skills.	<a href="https://www.lumosity.com/en/brain-games/">https://www.lumosity.com/en/brain-games/</a>
Free online chess game	<a href="https://www.chess.com/play/computer">https://www.chess.com/play/computer</a>

### Helplines

SCLHSA CALL LINE	1-877-500-9997
National Substance Abuse & Mental Health Helpline	1-800-662-4357
National Suicide Prevention Lifeline	1-800-273-8255
Louisiana Problem Gamblers Helpline	1-877-770-7867
211 Network	211

### Meditations

A variety of meditations	<a href="https://www.calm.com/blog/take-a-deep-breath?utm_source=lifecycle&amp;utm_medium=email&amp;utm_campaign=difficult_times_subs_031720">https://www.calm.com/blog/take-a-deep-breath?utm_source=lifecycle&amp;utm_medium=email&amp;utm_campaign=difficult_times_subs_031720</a>
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### Mental Health

Managing Stress & Anxiety	<a href="https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html">https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html</a>
Information and resources	<a href="https://mhanational.org/covid19">https://mhanational.org/covid19</a>
General information in times of uncertainty	<a href="https://afsp.org/taking-care-of-your-mental-health-in-the-face-of-uncertainty/">https://afsp.org/taking-care-of-your-mental-health-in-the-face-of-uncertainty/</a>

### Movies

Stream movies	<a href="https://www.crackle.com/movies">https://www.crackle.com/movies</a>
Stream movies and TV shows	<a href="https://www.imdb.com/tv/">https://www.imdb.com/tv/</a>

### Older Adults- General Information

Information for older adults	<a href="https://www.ncoa.org/blog/coronavirus-what-older-adults-need-to-know/?utm_source=ncoa&amp;utm_medium=homepage">https://www.ncoa.org/blog/coronavirus-what-older-adults-need-to-know/?utm_source=ncoa&amp;utm_medium=homepage</a>
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### Virtual Tours

Google Arts and Culture partnered with over 2,500 museums and galleries around the world to offer virtual tours of their spaces.	<a href="https://artsandculture.google.com/partner?hl=en">https://artsandculture.google.com/partner?hl=en</a>
Visit national parks	<a href="https://www.nps.gov/yell/learn/photosmultimedia/virtualtours.htm">https://www.nps.gov/yell/learn/photosmultimedia/virtualtours.htm</a>
Tour Yosemite	<a href="https://www.virtuallyosemite.org/">https://www.virtuallyosemite.org/</a>
Tour the San Diego Zoo	<a href="https://zoo.sandiegozoo.org/live-cams">https://zoo.sandiegozoo.org/live-cams</a>
Tour the Georgia Aquarium	<a href="https://www.georgiaaquarium.org/webcam/beluga-whale-webcam/">https://www.georgiaaquarium.org/webcam/beluga-whale-webcam/</a>
Tour the Monterey Bay Aquarium	<a href="https://www.montereybayaquarium.org/animals/live-cams">https://www.montereybayaquarium.org/animals/live-cams</a>
Visit the Great Wall of China	<a href="https://www.thechinaguide.com/destination/great-wall-of-china">https://www.thechinaguide.com/destination/great-wall-of-china</a>
Take a trip with NASA to Mars	<a href="https://accessmars.withgoogle.com/#">https://accessmars.withgoogle.com/#</a>

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Visit landmarks in Hawaii	<a href="https://earth.google.com/web/@20.94186509,-157.02059303,200.7307319a,2371691.57671183d,35y,-0.0000121h,0.66156264t,0r/data=Ci4SLBIgYzVhNjFjZTg3ODFmMTFIOWFhYWVvNzY5Mzk1NTJiOTgiCG92ZXJ2aWV3">https://earth.google.com/web/@20.94186509,-157.02059303,200.7307319a,2371691.57671183d,35y,-0.0000121h,0.66156264t,0r/data=Ci4SLBIgYzVhNjFjZTg3ODFmMTFIOWFhYWVvNzY5Mzk1NTJiOTgiCG92ZXJ2aWV3</a>
Take a virtual tour of the famous Irish geological landmark on the Cliffs of Moher	<a href="https://www.cliffsofmoher.ie/virtual-visit-tour/">https://www.cliffsofmoher.ie/virtual-visit-tour/</a>
Nightly live opera streams	<a href="https://www.metopera.org/">https://www.metopera.org/</a>
Visit Disney	<a href="https://disney.parks.disney.go.com/blog/2018/03/disney-parks-launches-first-ever-360-degree-panoramas-on-google-street-view/">https://disney.parks.disney.go.com/blog/2018/03/disney-parks-launches-first-ever-360-degree-panoramas-on-google-street-view/</a>
Visit the Louvre	<a href="https://www.youvisit.com/tour/louvremuseum">https://www.youvisit.com/tour/louvremuseum</a>
Visit the Sistine Chapel	<a href="http://www.museivaticani.va/content/museivaticani/en/collezioni/musei/cappella-sistina/tour-virtuale.html">http://www.museivaticani.va/content/museivaticani/en/collezioni/musei/cappella-sistina/tour-virtuale.html</a>
Visit the National Museum of Natural History	<a href="https://naturalhistory.si.edu/visit/virtual-tour">https://naturalhistory.si.edu/visit/virtual-tour</a>