

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 Centers, 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 & Helplines, General Assistance</p>	 <p>for iPhone to download app</p> <p>https://sclhsa.com/ 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	IntheRooms.com
Free app for recovery group meetings	https://www.addictionpolicy.org/post/free-app-to-support-people-in-recovery-during-covid-19-outbreak

Anxiety

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

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Coronavirus Information

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

Developmental Disabilities

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

Educational – Books for free

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

Educational – Children

Virtual tours for students	https://virtuelschoolactivities.com/
Virtual field trips	https://www.discoveryeducation.com/community/virtual-field-trips/
Resource for parents/students. A lot of worksheets and books by grade level	https://www.greatschools.org/gk/coronavirus-school-closure-support/

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Free Coronavirus packs for PK – 5 th grade	https://www.havefunteaching.com/resources/relief-packs/
Hand out to explain the virus to children	https://www.autismspeaks.org/sites/default/files/flu_teaching_story_final%20%281%29.pdf

Educational – Elderly

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

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	https://www.calm.com/blog/take-a-deep-breath?utm_source=lifecycle&utm_medium=email&utm_campaign=difficult_times_subs_03_1720
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Mental Health

Managing Stress & Anxiety	https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html
Information and resources	https://mhanational.org/covid19

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Visit Disney	https://disneyparks.disney.go.com/blog/2018/03/disney-parks-launches-first-ever-360-degree-panoramas-on-google-street-view/
Visit the Louvre	https://www.youvisit.com/tour/louvre/museum
Visit the Sistine Chapel	http://www.museivaticani.va/content/museivaticani/en/collezioni/musei/cappella-sistina/tour-virtuale.html
Visit the National Museum of Natural History	https://naturalhistory.si.edu/visit/virtual-tour