



fresno county superintendent of schools

Jim A. Yovino, Superintendent

Office of the Fresno County Superintendent of Schools continues to be here to offer support and would like to share some additional resources for youth and families as our community comes together around COVID-19.



TIPS FOR TAKING CARE OF YOURSELF

Taking care of yourself, your friends and your family can help you cope with stress:

- Take breaks from watching, reading or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.
- Take care of your body. Take deep breaths, stretch or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep and avoid alcohol and drugs.
- Make time to unwind. Try to do some other activities you enjoy (i.e. painting, drawing, crafts, home improvement projects, riding a bike, going for a walk).
- Connect with others. Talk with people you trust about your concerns and how you are feeling.

OFFICE OF THE FRESNO COUNTY SUPERINTENDENT OF SCHOOLS' RESOURCES

Find Your District <https://fcoe.org/districts>

All 4 Youth Behavioral Health Program for children 0-22..... **Call: 559-443-4800**

We provide mental health assessment, counseling, coaching to parents and youth as well as care coordination and linkage to needed support services.

Help Me Grow Fresno County..... **Call: 1-866-KIDS-HMG**

No-cost information and 24-hour referral helpline for the young children you love.

PHONE NUMBERS FOR INFORMATION AND SUPPORT

Fresno County Behavioral Health Warm Line	559-600-WARM (9276)
Mental Health Resources and Information	1-800-654-3937
NAMI Helpline	559-224-2469

PHONE NUMBERS FOR CRISIS

Fresno County Crisis Line	559-600-6760	
Crisis Text Line	741741	https://www.crisistextline.org/text-us/
Central Valley Suicide Prevention Hotline	1-800-506-5991	Facebook: www.facebook.com/CVSPHotline/ Web: http://cvsph.org/
National Youth Crisis Helpline	1-800-999-9999	

WEBSITE RESOURCES

Anxiety and Coping with Coronavirus	Link in English: https://childmind.org/article/anxiety-and-coping-with-coronavirus/ Link in Spanish: https://childmind.org/article/como-la-atencion-plena-puede-ayudar-durante-la-crisis-del-coronavirus/
How Mindfulness Can Help During COVID-19	https://childmind.org/article/how-mindfulness-can-help-during-covid-19/
FCSS Directory	https://www.fcoe.org/sites/fcoe.org/files/documents/fcss-directory-19-20-08292019.pdf
District Superintendent Directory	https://fcoe.org/sites/fcoe.org/files/fresno_county_district_superintendents_2019-20_20200324_2.pdf