



COMMUNITY RESOURCES DURING COVID-19

In times of crisis, communities come together and do what they can to continue to thrive. The DuPage County Prevention Team has compiled resources from our partners that are meant to share with your communities, schools, parents and teens. Together, we will make it through stronger than ever!

For Community:

- **DuPage County Health Department:** Up to date information on COVID-19, call center information and latest news, visit, <https://www.dupagehealth.org/590/Coronavirus-Disease-2019-COVID-19-Inform>
- **Northwestern Medicine:** Information on visitor restrictions, high risk groups and other updates, visit, <https://www.nm.org/conditions-and-care-areas/infectious-disease/covid-19>
- **Linden Oaks Behavioral Health:** For mental health and wellness information and resources, visit, <http://www.dupageplt.org/resources>
- **NAMI DuPage:** Mental health resources and support. Visit, <http://namidupage.org/>
- **Teen Parent Connection:** Serves ages 12-22, some services up to 25. Virtual support groups, counseling, and home visits are being conducted. Visit: <https://teenparentconnection.org/>
- **Heritage Professional Associates:** Offering FREE 20-minute phone consultations for new clients and providing Telehealth Therapy as well as in person appointments when necessary. visit, <https://www.heritageprofessional.com/>
- **Juvenile Justice Council:** Resources on housing, food stamps, mental health and more. Visit, <https://dupagejjc.org/dupage-resources>
- **Emergency Childcare for Working Parents:** Find local childcare options during COVID-19. Visit, <https://emergencycare.inccrra.org/>
- **Northern Illinois Food Bank:** Find where to get food, mobile food pantries and more. Visit, <https://solvehungertoday.org/>
- **Rosecrance Health Network:** Free, confidential phone assessments for teens and adults with substance abuse issues. Virtual Prevention and Early Intervention (PEI) and Intensive Outpatient Programming (IOP) for substance abuse. Call 815-391-1000 or visit <http://www.rosecrance.org> to schedule assessment or admission

For Schools:

- **Resources for E-Learning:**
 - Health Department Free Health Education - Pre-recorded powerpoints from health educators on vaping and STD's. Contact, healthpromotions@dupagehealth.org.
 - Human Performance Project-Free online curriculum focused on health and wellness. Visit, <https://ilhpp.org/science-modules-mood-mindset#>
 - Robert Crown Center-Substance use and sexual health curriculum for a fee. Visit, <https://www.robertcrown.org/school-information/school-program-webinars/>
- **Training and TA for Staff:** Virtual training for school staff on vaping and marijuana. Contact, <http://www.dupageplt.org/membership> for more information.
- **Resilience Survey:** Free, 15 minute survey to identify how COVID-19 is impacting students and staff and strategies for how to respond. Visit, <http://authconn.com/> for more information.



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For Parents:

- **Illinois PTA:** Free resources and lesson plans for at home learning. Visit. <https://illinoispta.org/learning-at-home/>
- **Glenbard Parent Series Take 5's:** Hear from parenting experts on various topics. Visit, <https://www.glenbardwesths.org/news/glenbard-parent-series-presents-take-5-videos/>
- **On Balance Parenting:** Free parent resources (blogs, books, podcasts) and virtual parent conversation groups. Visit, <https://www.onbalanceparenting.org>
- **360 Youth Services:** Virtual parent support groups. Visit: <https://360youthservices.org/coronavirus-resources/>
- **Heritage Professional Associates:** Tips for structuring your days. Visit: <https://photos.app.goo.gl/tUyo74hQgxHYxD2N9>

For Teens:

- **Reality Illinois:** Teen Advisory Council to DuPage County Health Department. High school aged teens are meeting virtually every Monday at 3pm to connect, hear from guest speakers and gain skills to aid them in decision making. Visit: <http://www.dupageplt.org/our-vision> for more information.
- **Teen Tool Box:** Self-Care Coloring Pages, Take in the Good Downloads, Blogs, Podcasts, Free Audio Mindfulness Practices, Videos, Trainings and New Daily Take 5 Positive Coping Skills. Visit <https://www.stressedteens.com/covid-19-tool-kit> to access all of these resources
- **Crisis Text Line:** Free, confidential text service for teens who are experiencing a mental health crisis. **Text "REACH" to 741741.**
- **360 Youth Services:** Telehealth counseling services available. Visit: <https://360youthservices.org/counseling/> or call 630-717-9408 ext. 1180
- **55 Boredom Busters for Teens:** From life skills to easy crafts, this teen activities list will keep them busy for the next few weeks while we navigate our new reality. <https://www.livinglocurto.com/boredom-busters-teens/>

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