COVID-19 Resource List
National resources compiled with the assistance of the Northwest Portland Area Indian Health Board
Oklahoma, Kansas, and Texas resources compiled by the Sothern Plains Tribal Health Board (SPTHB)

NPAIHB COVID-19 Updates
SPTHB COVID-19 Updates

National Mental Health COVID-19 Resources

General Information and Resources	• CDC**:** Mental Health and Coping During COVID-19 | CDC
	• CDC: COVID-19 – What Clinicians Need to Know to Prepare for COVID-19 in the U.S.
	• SAMHSA: Taking Care of Your Behavioral Health: Tips for Social Distancing, Quarantine, and Isolation During an Infectious Disease Outbreak
	• SAMHSA: Coronavirus Resources and Information
	• SAMHSA Disaster Distress Hotline: 1-800-985-5990
	• Crisis Text Line: Text "HOME" to 741741 to connect with a Crisis Counselor
	• COVID-19 Indian Country ECHO
	• Suicide Prevention Resource Center COVID-19
	• Mental Health First Aid-COVID-19
	• American Foundation for Suicide Prevention: Taking Care of Your Mental Health in the Face of Uncertainty
	• National Council for Behavioral Health COVID-19
	• Reachout Hotline for Mental Health & Substance Abuse: 1-800-522-9054
	• National Suicide Prevention Lifeline: 1-800-273-8255
	• Anxiety and Depression Association of America: Coronavirus Anxiety - Helpful Expert Tips and Resources
	• American Psychological Association - Resources for Coping with Pandemics
	• American Psychiatric Association: COVID-19 Information Hub
	• COVID Resources This website gathers updated COVID resources by state.
	• COVID-19 and Urban Indian Communities
	• Shine: Care for Your Coronavirus Anxiety is an interactive website with guided meditations, tips for managing anxiety, and support for parents.
	• Healthy Native Youth
	    o My Self-Care Plan for Elders/ Adults
	    o My Self-Care Plan for Youth
	• National Alliance on Mental Illness: COVID-19 Information
	• Positive Psychology Crisis Kit

Talking with Children	• Center for the Study of Traumatic Stress: [Helping Homebound Children During the Covid-19 Outbreak](#) • A HOPE-informed guide for parents [Love in the time of Coronavirus: A HOPE-informed guide for parents](#) • [What Kids Want To Know About Coronavirus: An Original Comic : Goats and Soda](#) • [HealthyChildren.org](#) • [Building Developmental Relationships: During the COVID-19 Crisis](#)

Suicide Prevention	• Lines for Life: 24/7 free, confidential, and anonymous help [get help](#)
	• COVID-19 specific: https://suicidepreventionlifeline.org/current-events/supporting-your-emotional-well-being-during-the-covid-19-outbreak/
	• Approved Suicide Prevention Apps:
	    ○ [Stay Alive: Grassroots Suicide Prevention App](#)
	    ○ [ReMinder Suicide Safety Plan on the App Store](#)

Substance Use Disorder Resources	• [Online 12 step meetings](#) • [Guidance for people who use drugs and harm reduction programs](#) • [Free app to support people in recovery](#) • Wellbriety meetings at https://www.intherooms.com/home/covid-19-resources/ Tuesdays at 12 pm MDT and Thursdays at 7 pm MDT. • [Peer Recovery Specialist Indian Country ECHO](#) • Partnership for Drug-Free Kids: [COVID-19: We Are Here for You](#)

State COVID-19 Resources

Oklahoma	• General COVID-19 information
	o Oklahoma State Department of Health | Resources and Recommendations
	o Oklahoma State Department of Health | What You Should Know
	o Oklahoma COVID-19 Dashboard
	o Oklahoma Hospital Association | COVID-19 Information
	o Indian Health Service
	o Oklahoma City Indian Clinic
	o Oklahoma Employment Security Commission | Unemployment Resources
	o Oklahoma Commerce Resources
	o IRS | Economic Impact Payments
	• Mental Health
	o Oklahoma Department of Mental Health and Substance Abuse Services | Mental Health Guide to COVID-19
	o National Alliance on Mental Health Oklahoma
	o Youth Crisis Mobile Response Team: 1-833-885-2273
	o Suicide and Crisis Prevention: Dial 211
	o Oklahoma Health Care Authority Behavioral Health: 1-800-652-2010
	o Oklahoma Department of Mental Health and Substances Abuse Services
	o Mental Health Association COVID-19
	• Families
	o Oklahoma COVID-19 | Social Service Resources
	o Child Care Help | Oklahoma Child Care
	o Tips To Alleviate Children's Anxiety About COVID-19 | Metro Family
	o Learn Something New At Your Local Library | Metropolitan Library
	• Food
	o Hunger Free Oklahoma | Food Resources
	o COVID-19 Oklahoma Food Resource Map
	o Otoe-Missouria Tribe WIC
	o Chickasaw Nation Food Program l COVID-19
	o Grocery Assistance Programs
	o Oklahoma Food Resource Map
	o Free Drive-Thru Meals
	o Food Bank l Resource Center
	o Oklahoma WIC l COVID-19

Texas	• General COVID-19 information
	    ○ Texas Department of State Health Services | General Information
	    ○ Texas COVID-19 Dashboard
	    ○ Small Business Guidance & Loan Resources
	    ○ Texas Hospital Association COVID-19 Information
	    ○ Urban Inter-Tribal Center of Texas
	    ○ American Indians in Texas at the Spanish Colonial Missions
	    ○ State of Texas | Unemployment Benefits Services
	• Education
	    ○ At Home Learning Toolkit
	    ○ COVID-19 and Distance Learning
	    ○ Texas Association of School Administrators – New Information Related to COVID-19
	    ○ 7 Tips for Being a Successful Distance Learning Student
	• Mental Health
	    ○ Texas Mental Health Support Line 24/7: 1-833-986-1919
	    ○ Texas Health & Human Services
	    ○ Mental Health Resources During a Pandemic
	• Food resources
	    ○ The North Texas Food Bank's Response to COVID-19
	    ○ 211 Texas – Call 211 or (877)-541-7905
	    ○ Your Texas Benefits
	    ○ Texas WIC
	    ○ School Meal Finder
	    ○ Feeding Texas – Local Food Bank Finder

Kansas	• General COVID-19 information
	o [Kansas Resources	Novel Coronavirus (COVID-19)](#)
	o [Kansas Department of Health and Environment COVID 19 Updates](#)
	o [Frequently Asked Questions	Novel Coronavirus (COVID-19)](#)
	o [State of Kansas	Unemployment Benefits](#)
	o [Kansas Department of Labor	COVID 19 Response Resources](#)
	o [Small Business Guidance & Loan Resources](#)
	o [Kansas Hospital Association	COVID 19](#)
	o [Indian Health Services	COVID 19](#)
	• Education
	o [Kansas State Department of Education Family Guide to Continuous Learning](#)
	o [Kansas City Public Schools Distance Learning](#)
	o [Lawrence Public Schools COVID 19 Resources and Online Learning](#)
	• Mental Health
	o [Directory of Mental Health Resources in Kansas 2020](#)
	o [Kansas University: Social Service Community Resources](#)
	o [Kansas Behavioral Health Services](#)
	o [Mental Health America of the Heartland](#)
	• Food
	o [Kansas Food Bank: Finding Help](#)
	o [Kansas WIC	COVID 19](#)
	o [Prairie Band Potawatomi Food Distribution](#)
	o [Sac and Fox Food Distribution](#)
	o [Kickapoo of Kansas Food Distribution](#)
	o [Iowa Tribe of Kansas and Nebraska Food Distribution](#)
	o [Free Meals for Students](#)

Tribal COVID-19 Resources and Updates

*If a tribe has released a statement or has a webpage regarding COVID-19 it is linked. These links will be checked regularly and updated.

Oklahoma	
• Absentee Shawnee Tribe • Alabama Quassarte Tribal Town • Apache Tribe of Oklahoma • Caddo Nation • Cherokee Nation • Cheyenne & Arapaho Tribes • Chickasaw Nation • Choctaw Nation • Citizen Potawatomi Nation • Comanche Nation • Delaware Nation • Delaware Tribe of Oklahoma • Eastern Shawnee Tribe • Fort Sill Apache Tribe • Iowa Tribe of Oklahoma • Kaw Nation • Kialegee Tribal Town • Kickapoo Tribe of Oklahoma • Kiowa Tribe of Oklahoma	• Modoc Tribe • Muscogee (Creek) Nation • Osage Nation • Otoe-Missouria Tribe • Ottawa Tribe • Pawnee Nation • Peoria Tribe of Indians • Ponca Tribe • Quapaw Tribe • Sac and Fox Nation • Seminole Nation • Seneca-Cayuga Nation • Shawnee Tribe • Thlopthlocco Tribal Town • Tonkawa Tribe • United Keetoowah Band of Cherokees • Wichita & Affiliated Tribes • Wyandotte Nation

Texas	
	• Alabama-Coushatta Tribe of Texas • Traditional Kickapoo Tribe of Texas • Ysleta Del Sur Pueblo

Kansas	
	• Prairie Band Potawatomi Nation • Kickapoo Tribe of Kansas • Sac and Fox Nation of Missouri in Kansas and Nebraska • Iowa Tribe of Kansas and Nebraska

Free Education and Access during COVID-19

Educational Activities for Children	- A comprehensive list of free education resources [Amazing Educational Resources](#) - Free Virtual Field Trips [Virtual Field Trips](#) - Free E-books: [Early Bird Books – eBook Deals Newsletter for Kindle or Other eReaders](#) [BookBub: Get ebook deals, handpicked recommendations, and author updates](#) [Freebooksy - Free Kindle Books, Nook Books, Apple Books and Kobo Books Hand-Selected Daily. Pick your favorite genre, and start reading free kindle books.](#) [Free-eBooks.net	Download free Fiction, Health, Romance and many more books](#) - Khan Academy www.khanacademy.org 20 days free access to Scholastic Learn at Home [Teaching Remotely for Grades K - 12	Free Resources and Strategies](#) - Free science lessons from Mystery Science (K-5th) [Mystery Science](#) - Free Audible stories at Audible.com - Free ACT and SAT test prep [Test Prep](#) - For older students and graduates, [free code camp](#) provides a list of online Ivy League Courses available for free. - Science and Cooking Experiments [Club SciKidz](#) 100 Activity Ideas [Entertain Kids on a Dime.com](#) - Department of Defense: [Learn about careers in STEM fields](#) - Department of Education National Center for Education Statistics: [Kids' Zone](#) - Department of Energy: [Games and Activities](#); [Virtual Field Trips to National Energy Labs](#) - Environmental Protection Agency: [Games, Quizzes, and Videos about the Environment](#) - The Library of Congress: [Presentations and Activities to Help Students Learn about History](#) - NASA: [Interactive Lessons about Space, Earth, Solar System and Universe](#); [Lessons from Astronauts about Living in Space](#); [STEM Activities for Students of All Ages](#) - The Kennedy Center: [Lunch Doodles with Mo Willems](#); [Tour the Kennedy Center with The Pigeon](#) - The Smithsonian: [Free Smithsonian STEM Games and Simulations](#); [Meet the Animals of the National Zoo](#); [3D Exhibits and Virtual Tours](#); [Smithsonian Magazine Ten Museums You Can Virtually Visit](#); [The Museum of Natural History Virtual Tour](#); [Digital Smithsonian American Art Museum](#); [Distance Learning Resources](#) - NOAA: [Use Real-Time Ocean Data to Explore the Environment](#) - USGS: [Learn from Home About Physical science, Geography and Maps](#)

- [Apps for Students With Special Needs](#) (Edutopia)
- [A Conversation with Dr. Marina Bers about Young Learners, Technology and Learning at Home](#), (Hosted by the ISTE Early Learning Network)
- [Message in a Backback](#) articles from *Teaching Young Children:* Tips and ideas to share with families about supporting preschool age children's learning at home
- [NAEYC For Families](#) - Find research-based resources on child development to reading, writing, music, math, and more! Need a suggestion? Read [10 Prop Box Ideas: Mini Learning Centers at Home](#)
- [Lunch Doodles with Mo Willems](#) (The Kennedy Center)
- [PBS KIDS Play and Learn Science App](#) - Includes hands on science projects with everyday materials, along with online science games and explorations
- [Games, Videos, Brain Boosters and More](#) (National Geographic Kids)
- [Family Play Plans](#) (TRUCE)
- [Free Online Books for Young Children](#) (Wakelet)
- [Kid Builder Resources](#) (First Five Orange County)
- [Caring for Each Other](#) (Sesame Street)
- [Health Emergencies](#) (Sesame Street in Communities)
- [PBS Learning Media](#)(PBS)
- [Vroom](#) - Helps parents boost their child's learning during the time they already spend together
- [At-Home Family Learning with Talk, Read and Play](#) (COX Campus)
- [TEDEd](#) provides informational videos for at-home learning; options are organized for students, educators or parents.

- Jack Hartmann Kids Music Channel- https://www.youtube.com/user/JackHartmann
- Yoga for kids- https://www.youtube.com/watch?v=YKmRB2Z3g2s
- Kid-Friendly Workouts [Kid Workouts](#)

- Please check with your local school district to find information about free nutritional meals being given away in your area.

- **Stress and coping**: https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html
- **Talking with children about COVID-19:** https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/talking-with-children.html
- **Helping children cope with emergencies and disasters:** https://www.cdc.gov/childrenindisasters/helping-children-cope.html
- For the latest updates and information, visit CDC's [COVID-19 web page](#)

	CDC Contacts: • General inquiries about COVID-19: eocevent337@cdc.gov • Inquiries related to COVID-19 Community Guidance for **Early Care and Education**: eocevent357@cdc.gov • Inquiries about COVID-19 specifically relating to At-Risk populations: eocevent269@cdc.gov with a cc to eocevent368@cdc.gov
Internet Access	Helping people who need connectivity the most Cox is continuing to focus on its customers with the greatest need to ensure they have the tools to work and learn from home. We've made a number of service enhancements to keep our customers connected and support the communities we serve: • *Increasing customer bandwidth*. We automatically upgraded residential customers in our Starter, StraightUp Internet and Connect2Compete packages to 50 Mbps speeds through May 15. Our Essential customers were upgraded from 30 Mbps to 50 Mbps, originally planned for this summer. • *Simplifying access to low-cost service.* Through May 15, we're offering our Starter package at $19.99 with temporary boost up to 50 Mbps and no annual contract or qualifications. • *Suspending data usage overage fees*. We are also suspending data usage overage charges and implementing credits for data usage plan participants through May 15.

- *Promoting digital equity for students.* We've increased support for Connect2Compete, our low-cost, high speed internet service for families with school-aged children who are enrolled in low-income assistance programs. The monthly service fee is $9.95, and we are offering the first two months of service free for new customers through May 15. We are fast-tracking the qualification process for Connect2Compete to accommodate more students. We've also partnered with PCs for People where families can purchase discounted refurbished computers.