

Parents/Guardians - Know you don't have to re-create school at home, just provide structure and positive activity. Love your kids. Be their safe place. Read, create, play, sing, and talk together. Here are some resources in case of greater need.

<i>Type</i>	<i>Local Resource</i>	<i>National Hotline</i>
Referral source for multiple needs	211 LifeLine - Dial 211 or 275-5151 or 877-356-9211. Community members get connected with experienced tele-counselors by simply dialing 211 for free and confidential assistance connecting to vital services within the community. Serving a 7 county area in the Finger Lakes region.	
Food	Many area school districts are providing 'grab and go' meals during breakfast and or lunch times. Foodlink Mobile Pantries serving a 10 county area	
Childcare	The YMCA and schools have partnered for emergency school age care. You can also visit the Monroe County website to apply for a childcare subsidy.	
Mental Health Support *Note: most settings are using phone consultation and/or video chat at present; however, some face-to-face visits may be available. Please call before going to a site.	If experiencing a true mental health emergency, call 911 for assistance.	
	Monroe County Mobile Crisis 585-529-3721 – is a resource for adults and children who are experiencing a mental health emergency. They have been an alternative to hospitalization	Crisis Text Line - Text 741741 when in crisis, available 24/7 in the United States; A live, trained Crisis Counselor receives the text and responds quickly (can be routed to individual's county)
Mental Health Treatment Clinics – call ahead for intake directions. <ul style="list-style-type: none"> • Genesee Mental Health: 922-7770; 224 Alexander Park • Villa Of Hope: 328-0834 ext. 581; 1099 Jay St. Bldg. J Second Floor • Liberty Resources: 410-3370; 175 Humboldt Street • Strong Child & Adolescent Clinic: 279-7800; 315 Science Parkway • Catholic Family Center: 546-7220; 87 North Clinton Avenue • Easter Seals: 292-5830; 103 White Spruce Boulevard 	Boys Town National Hotline 800-448-3000 (serves girls too) – The Boys Town National Hotline is open 24 hours a day, 365 days a year and staffed by specially trained counselors. Parents, teens and families can find help with a range of issues including abuse, anger, depression, school issues, bullying etc.	

Mental Health Services in Other Counties *Note: most settings are using phone consultation and/or video chat at present; however, some face-to-face visits may be available. Please call before going to a site.	Genesee County Mental Health – 585-344-1421 Mobile Crisis: M-F ~9-4: 585-755-9133 or 585-261-1158. In the evenings, Care and Crisis Help Line 283-5200.	
	Livingston County Mental Health – 585-243-7250 Mobile Mental Health: 585-243-4592 or 585-243-4533; Call 2-1-1	
	Orleans County Mental Health - 585-589-7066x1 Has 24/7 answering service. Mobile Integration Team (adult only) is accessed through main number 8am – 5 pm; Care and Crisis Helpline (adult and youth) 5pm – 6am - 585-283-5200 or text at 741741.	
Suicide Prevention	211-Lifeline - or 275-5151 or 877-356-9211	Suicide Prevention Lifeline 800-273-TALK (8255) – Call anytime if you’re feeling desperate, alone or hopeless. This number will route you to the crisis center nearest you.
Chemical Dependency	National Council on Alcoholism and Drug Dependence – Greater Rochester Area/Finger Lakes Addiction Resource Center 585-719-3480 or 719-3485; A youth specific resource PDF is also available from this site.	
Other Resources		
Internet Safety	NetSmatz Into the Cloud – online safety for children ages 10 and under or NS Teens for teens and tweens. Using data from actual Cyber Tipline reports, activities focus on a different element of online safety, from strategies for handling cyberbullying to recognizing and reporting unsafe/inappropriate interactions and content.	
Fitness for Kids	Cosmic Kids! - YouTube videos around yoga, mindfulness and relaxation specifically for your children aged 3+	
	Fluency and Fitness -They are giving families 21 days of free unlimited access to their site during school closures. There are online access to 60+ reading and math topics, video library with over 900 videos to review 365+ skills, access to all K-2 content, incorporate learning + movement, while keeping your child engaged and having fun	
	Go Noodle - a variety of movement and mindfulness videos that are fun and interactive for your children.	
Social/Emotional Learning and Virtual Exploration	Daily SEL Challenge - a social and emotional choice board for her kids to do at home.	
	Teach Mama is helping those who are trying to teach at home and is providing examples of schedules across grade levels.	
	Adventures in Familyhood – this site links to 20 virtual tours of museums, zoos, aquariums, etc. and has related lesson plans and activity pages.	
	Rochester Kids Out and About has compiled a list of virtual events and ongoing virtual experiences for kids, teens, and families.	