

At-Home Resources

Tools for positive mental health practices.

SELF-CARE

Mental Health

- 30 Day Free Gratitude Challenge: <https://www.mayoclinichealthsystem.org/gratitude>
- ASCA COVID-19 Resources: <https://tinyurl.com/rpv2fz8>
- Free Mindfulness Resources: <https://blog.calm.com/take-a-deep-breath>
- NAMI COVID-19 Mental Health Resources and Information Guide: <https://tinyurl.com/rw752j2>



Monterey Bay Aquarium Live Stream
<https://youtu.be/2gHKDHmgVIU>

Virtual Disney World
<https://tinyurl.com/se8nbes>



[@mentalhealthamerica](https://www.instagram.com/mentalhealthamerica)
[@besafewithyourthoughts](https://www.instagram.com/besafewithyourthoughts)



[@NoStigmas](https://twitter.com/NoStigmas)
[@5minselfcare](https://twitter.com/5minselfcare)

Physical Health

- 7 Minute Workout (Free): <https://www.workoutinc.net/>
- Asana Rebel: Yoga and Fitness (Free): <https://asanarebel.com/>
- Map My Fitness by Under Armour (Free): <https://www.mapmyfitness.com/app>
- Peloton App: Free 90 Day Trial: <https://www.onepeloton.com/app>

Crisis Hotlines

- Alameda County Crisis Support Services Crisis Line: 1-800-309-2131 (24 hours/day)
- Alameda County Crisis Support Services Local Text Line: TEXT SAFE TO 20121 (4:00 pm - 11:00 pm, 7 days/week)
- National Suicide Prevention Lifeline: 1-800-273-8255 (available 24 hours/day)

TIPS FOR TIME MANAGEMENT

1. Follow the school bell schedule for your assignments.
2. Prioritize your assignments starting with the subject that is most challenging for you.
3. Set up a consistent study time -- Keeping a routine is important!
4. Make a plan the night before.
5. Keep your study area organized and have all your supplies nearby.
6. Use a planner and or set alerts in your phone-use your stove top timer if you do not have a phone.
7. Chunk assignments.
8. Maintain structure as much as possible.
9. Be mindful of how much time and exposure you are giving to Social Media and or the news.

Time Management Apps

- myHomework: Student Planner - <https://myhomeworkapp.com/>
- My Study Life: School Planner - <https://www.mystudylife.com/>

LGBTQ+ COMMUNITY

- GLBT National Youth Talking: <https://www.glbthotline.org> | 1-800-246-PRIDE (7743)
 - Online peer support chat and weekly youth chat rooms also available
- The Lounge by Gender Spectrum: <https://genderspectrum.org/lounge/>
 - Meet other teens and create your own online group community.
- The Trevor Project: www.thetrevorproject.org | Crisis Hotline 1-866-4U-TRVOR (488-7386)
 - Texting and online chat also available.
- Trans Lifeline: <https://www.translife.org> | Crisis Hotline (877) 565-8860

BASIC NEEDS

- Grab and Go Lunches for FUSD school sites | <https://tinyurl.com/tmapar3>
- Restaurants that are offering free grab a lunch | <https://tinyurl.com/sbqrw5t>
- Tri-city Food Bank | <http://www.tri-cityvolunteers.org/>

HEALTH CARE PROVIDERS

Note: Mental health counselors are essential workers and are still available during this pandemic. When seeking counseling services, contact your students pediatrician. They can support with information and referrals. You can also check with your insurance provider to review mental health services and therapists available in your network.

- 211: Community resources | <http://www.211.org/>
- Alameda County Behavioral Health Care Services' Access Program | <https://tinyurl.com/wvbw3rn>
- Arise: Counseling support | <https://tinyurl.com/s25emj4>
- Covered CA: Health Care, special COVID 19 enrollment | <https://tinyurl.com/y5aeyssf>
- Fremont Youth and Family Services: Counseling Support, Crisis Counseling, Substance Abuse | <https://tinyurl.com/szuv793>
- Tiburcio Vasquez: Healthcare support | <https://www.tvhc.org/>
- Tri-City: Health care and counseling support | <https://tri-cityhealth.org/>

PARENT RESOURCES

- Community Resources | <http://www.fremont.gov/>
- Common Sense Media: Parent resource when talking to your child about online behavior, expectations, and time limits | <https://www.common sense media.org/>
- FUSD Suggested Activities for Families | <https://tinyurl.com/rhf3yww>
- Mayo Clinic: Tips for Teens around Social Distancing: <https://tinyurl.com/s3q279j>
- Supporting Stress, Excessive Worry and Mental Health During COVID-19 | <https://tinyurl.com/w8eh4d6>