



## COVID-19 RESOURCE GUIDE

### YOU HAVE OUR SUPPORT

Day One is committed to adapting access to our services during the COVID-19 epidemic to meet the needs of our community. While in-person support will be limited to emergencies to protect the safety of our employees, clients, and state-wide community, our counseling services will be offered remotely via Telehealth phone calls and video sessions. Advocacy services remain available through our 24 hour helpline at 1-800-494-8100 for support at local hospitals and police stations. The CAC is conducting forensic interviews as needed and will continue to coordinate with other departments to protect at-risk youth.

If you or a loved one is looking for support, please call 401-421-4100 and follow the prompts to contact the appropriate department. For advocacy needs, please dial extension 138.

### MEETING YOUR NEEDS

As a result of public health concerns, many individuals face uncertain conditions regarding housing, employment, and healthcare. The following links provide information for those in immediate need of extra resources. The state of Rhode Island has mobilized quickly to prevent and/or minimize unnecessary hardship to all citizens affected by COVID-19.

- [Blue Cross Blue Shield of RI: Coronavirus Update](#)
- [HealthSource Rhode Island: Special Enrollment for COVID-19](#)
- [Neighborhood Health Plan of RI: Coronavirus Update](#)
- [Rhode Island Coalition for the Homeless: COVID-19 Constituent Resources](#)
- [State of Rhode Island Department of Health: Food Sites for Children](#)
- [Bose McKinney & Evans LLP: President Trump Signs Families First Coronavirus Response Act](#)
- [Economic Progress Institute: COVID-19 Earnings Replacements and Getting Healthcare Coverage](#)
- [Medicaid: COVID-19 Toolkit](#)
- [Medicare: Medicare & Coronavirus](#)
- [Resource Sharing Project: COVID-19 Emerging Response Resources](#)
- [The Womxn Project: COVID-19 Support Information](#)
- [United Health Care: Expanded Access for COVID-19](#)

## SELF CARE & MANAGING ANXIETY

While in quarantine, it is likely that you may experience a heightened sense of anxiety. Please remember that, to a degree, this is a natural. However, working through feelings of fear is imperative to your mental health and emotional well-being. Focusing on what you can control, doing your part by staying healthy, quarantined, and remaining socially connected from a distance are great coping mechanisms to continue daily activities. The following links can be used to aid in your healing process and cultivate self-care.

- [Calm: Free Mindfulness Resources](#)
- [Center for Disease Control and Prevention: Manage Anxiety & Stress](#)
- [Child Mind Institute: Coping During COVID-19: Resources for Parents](#)
- [National Alliance on Mental Illness: COVID-19 \(Coronavirus\) Information and Resources](#)
- [National Children's Alliance: Coronavirus Resources for CACS, Partners, and Caregivers](#)
- [National Sexual Violence Resource Center: 7 Ways Survivors of Sexual Violence Can Practice Self-Care When Retraumatized During Tragedy](#)
- [Substance Abuse and Mental Health Services Administration: Taking Care of your Behavioral Health](#)
- [The Autism Project](#)
- [The National Child Traumatic Stress Network: Parent/Caregiver Guide to Helping Families Cope with the Coronavirus Disease 2019](#)
- [The New York Times: 10 Ways to Ease Your Coronavirus Anxiety](#)
- [Ten Percent Happier: Coronavirus Sanity Guide \(FREE\)](#)

## STAYING ACTIVE & ENGAGED

Keeping your mind, body, and soul engaged in healthy activities is essential during challenging times. Doing so will foster mental and emotional resiliency and most importantly stave off anxiety and boredom. The following links were picked for individuals of all ages to enjoy from the comfort of their home. Whether you want to explore at home work outs, live animal zoo cams, or foster artistic hobbies, there is enough variety to keep you occupied during the coming weeks in quarantine.

- [Big History Project: Lessons About the Universe](#)
- [Boeing/Discovery Education: Virtual Field Trips](#)
- [Clearwater Aquarium: Live Aquatic Rescue Webcams](#)
- [Dance Ascension: Free Virtual Dance Classes](#)
- [DAREBEE: Free Daily Workouts](#)
- [Discovery Education/Arconic Foundation: Virtual Manufacturing/Robotics Tours](#)
- [Elemental Science: 80+ Free Science Activities for Kids](#)

- [Georgia Aquarium: Live Cams](#)
- [Google Arts & Culture: National Park Virtual Tours](#)  
[Google Arts & Culture: Virtual Museum Tour Database](#)
- [Google Arts & Culture: Virtual White House Tour](#)
- [Joanna Soh Official: Free 10 Minute Workout for Teenagers](#)
- [Monterey Bay Aquarium: Live Cams](#)
- [NASA/Google: Access Mars Virtual Tour](#)
- [National Park Service: Yellowstone Virtual Tours](#)
- [San Diego Zoo: Live Animal Cams](#)
- [Star Atlas: Local Constellations](#)
- [Taste Buds Kitchen: Free At Home Cooking Club](#)
- [The Virtual Instructor: Free Art Lessons During Coronavirus Pandemic](#)
- [Tune In: Free Podcasts](#)
- [Rock & Roll Hall of Fame: Website](#)