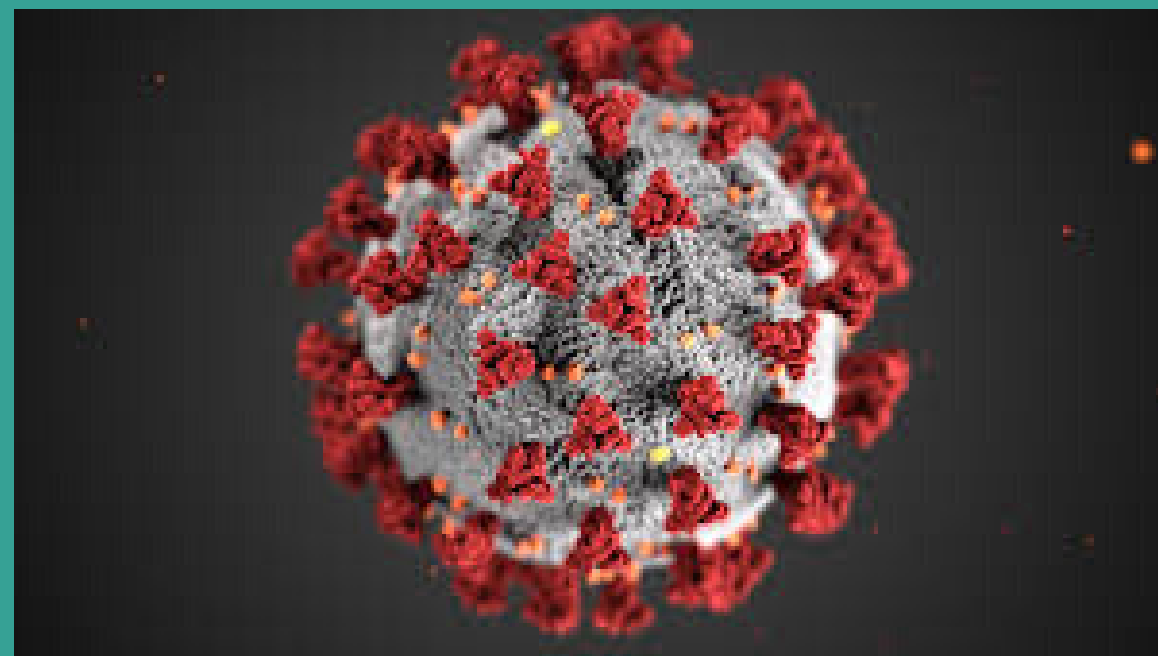


Shodair
CHILDREN'S HOSPITAL

TO HEAL, HELP AND INSPIRE HOPE

SHODAIR CHILDREN'S HOSPITAL COVID-19 RESOURCE GUIDE



Mental Health Crisis Lines

In an emergency, call 9-1-1.

National Suicide Prevention Lifeline: 1-800-273-TALK

Crisis Text Line: Text "MT" to 741-741

Area-Specific Crisis Lines:

Billings: 406-252-5658

Bozeman: 406-586-3333

Butte: 406-723-4033

Great Falls: 406-453-4357

Kalispell: 406-752-7273

Libby (Lincoln County): 406-293-3223

Missoula: 1-800-221-0106

Montana 2-1-1: 2-1-1 or visit montana211.org

Disaster Distress Hotline (SAMHSA): 800-985-5990

Youth Crisis Number: 406-761-2100

NAMI Montana: 406-443-7871

Montana Mental Health Association: 888-268-2743 x406

YouthLine: 877-968-8491 or text TEEN2TEEN to 839-863

National Institute on Drug Abuse Hotline: 800-662-4357

National Runaway SafeLine: 800-RUN-AWAY

Self-Injury Hotline: 1-800-334-HELP

National Eating Disorders Center Helpline: 800-931-2237

Trans Lifeline: 877-565-8860

National Sexual Assault Hotline: 1-800-656-4673

National Domestic Violence Hotline: 1-800-799-7233

Veteran Crisis Line: 800-273-8255

Planned Parenthood Hotline: 1-800-230-PLAN

To report a possible case of child abuse or neglect, call: 1-866-820-5437

Need someone to talk to, but not in a crisis? Call the Montana Warmline:
1-877-688-3377

Resources to Utilize During COVID-19

Grocery & Food Assistance

- Instacart: Grocery Delivery - visit the website or download the app.
- Delivery.com: Food Delivery - visit the website or download the app.
- DoorDash Delivery: Food Delivery - visit the website or download the app.
- See if you qualify for Montana Supplemental Nutrition Assistance Program (SNAP) benefits, which can help supplement your food budget: 1-888-706-1535.

Housing Guidance

- Review guidance from the Montana Department of Commerce at: housing.mt.gov.

Unemployment Assistance

- Visit the Montana Department of Labor & Industry's resource guide for support in filling an unemployment claim at dli.mt.gov.

Healthcare

- Visit benefits.gov to see if you qualify for Montana Medicaid or other healthcare assistance.
 - Program Contact: 1-800-362-8312

Medication Assistance

- Many pharmacies are now waiving delivery fees. Please view this helpful guide from Mental Health America for more information about how pharmacies and prescribers can support you in accessing your medications: mhanational.org.

Stay Active

- Planet Fitness "United We Move:" provides home workouts that are live-streamed daily at 5 pm MT. Access these here: [United We Move](#)
- Seven Minute Workout App: This app offers a variety of free exercise routines that only take seven minutes.
- Black Swan Yoga: studio that offers donation-based live-streamed yoga classes, as well as a library of yoga videos and classes for all ages. blackswanyoga.com.
- The Lotus: studio located in Helena that is offering online classes, some of which are free to the community: thelotushelena.com.
- Cosmic Kids: Check them out on [YouTube](#) or download the app for yoga, mindfulness, and relaxation activities for kids ages 3+.

Keep Learning

- Harvard offers many free online courses - check out their catalogue at harvard.edu/.
- Listen to free podcasts on the Apple podcast app, Spotify, Google podcast app, or the website for the specific podcast you're listening to. For example, listen to Brené Brown's new podcast, [Unlocking Us](#), on brenebrown.com.
- Take an online dance class at [Miss Melodie Studios](#).
- Learn at home with [Scholastic](#) at scholastic.com.
- Try ABCmouse Learning Academy to access education resources and lessons at ageoflearning.com.
- Practice or learn instruments and take a personal online lesson with music toyourhome.com.
- Access news updates with kids: [KidNuz](#) is a 5-minute daily news podcast for kids, by kids. It covers current events, politics, science, entertainment, sports, and more - all nonpartisan and age-appropriate.
- [Mystery Science](#): free, easy science lessons for remote learning, with lessons for all ages.
- [STEM Camp @ Home](#): a fun STEM activity is posted each day, with additional games, competitions, and resources on the website.
- [Brain Boosters](#) is a great educational resource from National Geographic.
- BrainPOP is full of great social emotional learning tools: brainpop.com.
- The [PBS KIDS](#) website is full of educational games for kids.

Virtual Field Trips

- Tour the Great Wall of China at thechinaguide.com.
- Watch Live Cams of African Wildlife at explore.org.
- Join Polar Bears International for educational live chats at blogs.explore.org.
- Visit Mars with the help of [Access Mars](#).
- Take a virtual tour of the [Boston Children's Museum](#).
- Explore Yellowstone National Park with a [virtual tour](#).
- Tour the Louvre Museum with a [virtual tour](#).
- Visit the Georgia Aquarium and watch animals, including the Beluga Whales, with their live [webcams](#).
- The Cincinnati Zoo is providing a daily [Home Safari](#) at 1 pm MT, which includes activities related to the safari of the day.
- Visit the [Smithsonian's National Zoo](#) with their live webcams of naked mole rats, lions, giant pandas, and elephants.
- The San Diego Zoo has a [website](#) for kids with videos, activities, and games.
- Take a virtual farm tour with [FarmFood 360](#).
- See the [Saturn 5 Rocket](#) on YouTube and more on this tour of the US Space and Rocket Museum in Huntsville, AL.

Additional Home Activities

- Storytime with Josh Gad (the voice of Olaf in Frozen!): He's been broadcasting all kinds of stories on [Twitter](#).
- Join a kid-friendly Facebook Live [Dance Party](#) with DJ Mel.
- Watch puppies play all day long in the [Puppy Playroom](#) at Warrier Canine Connection.
- Learn origami with the help of [Kids Web Japan](#).
- Oxford Children's Books has some great stories on their YouTube Channel, called [Story Time for Kids](#).
- With a little help from the Smithsonian, learn about insects with [Expedition: Insects](#).
- Learn how to create a terrarium at [FOOD52](#).
- McHarper Manor: Free arts and crafts lessons on [Facebook Live](#) every day at 3 pm MT.
- Dance, meditate, and get moving with [Go Noodle](#).

- Get occupational therapy support from Mama OT, with this list of [25 Fine Motor Activities Using Household Items](#).
- Learn to knit and crochet with [Raverly](#).
- [Electric Moon Theatre Company](#): a new video is uploaded each day and their channel is full of songs, theatre games, dance instruction, and more.
- Watch [Lunch Doodles with Mo Willems](#) (children's book author). He posts daily videos.
- Make your own soap, with the help of [PBS Parents](#).
- [Adventure Valley Day Camp](#) posts daily videos, activities, games, and recipes on their Facebook page.
- [National Theatre at Home](#) will stream one classic show each Monday at 12:00 pm MT.
- [Eat Right](#), from the Academy of Nutrition and Dietetics provides nutrition tools and resources, including easy recipes for kids and families.
- Check out [this list](#) of activity ideas for kids from The Tot blog.
- The New York Public Library provides Live Stream [events and speakers](#).
- Attend virtual events from home using [Eventbrite Online Events](#), including conferences, summits, and courses.
- Stay socially connected, while maintaining physical distance, using technology like FaceTime, phone calls, texting, Zoom, Google Hangouts, Houseparty. You can even use Netflix Party to watch movies with friends, using [this](#) Google Chrome extension.

[Learn and Study from Home Apps](#)

- [Epic! Kids' Books and Videos](#)
- [Quizlet](#)
- [Khan Academy](#)
- [Google Classroom](#)
- [Kahoot! Play & Create Quizzes](#)
- [Brilliant - solve, learn, grow](#)
- [Nearpod](#)
- [Explain Everything Whiteboard](#)
- [Hopscotch-Programming for kids](#)

- [Flipgrid](#).
- [Scribble Together Whiteboard](#)
- [TinyTap - Kids Learning Games](#)
- [Udemy Online Video Courses](#)
- [Coursera: Learn new skills](#)
- [Tynker: Coding for Kids](#)
- [Remind: School Communication](#)
- [ClassDojo](#)
- [Classkick](#)
- [Seesaw: The Learning Journal](#)
- [Socrative Student](#)

[Apps for Supporting Mental Health](#)

- [Headspace](#): mindfulness app providing free support during the current crisis.
- [Moodfit](#): tools and insight to improve your mood.
- [Happify](#): app for overcoming negative thoughts, stress, and other challenges.
- [Insight Timer](#): app for sleep, anxiety, and stress.
- [Smiling Mind](#): free mindfulness app with daily meditations.
- [Calm](#): app for meditation and sleep.
- [Ten Percent Happier](#): mindfulness meditation courses and resources to help build resilience and find calm amidst the chaos.

[Additional Resources to Stay Informed](#)

- Call Shodair's Outpatient Services to be connected with telehealth services, including therapy and psychiatric medication management: 406-444-1125.
- Follow Shodair on [Facebook](#) and [Instagram](#) to keep up with our Informational Videos and Tips.
- Mental Health America COVID-19 Resources: [mhanational.org](#)
- Centers for Disease Control and Prevention COVID-19 Information: [cdc.gov](#).
- COVID-19 Updates from Montana DPHHS: [dphhs.mt.gov](#).
- National Alliance on Mental Health COVID-19 Guide: [nami.org](#).
- World Health Organization's COVID-19 Updates: [who.int](#).