

Schuyler County Resources:

Schuyler County Health Services:

Clinic: 607-535-8282

Crisis 24/7: 607-442-6900

2-1-1 Helpline:

- <http://www.211helpline.org/>
- Services available in your community
- Teen Helpline
- Text/chat
- Mental Health
- Food Pantries
- Financial Assistance
- Health Services
- Transportation
- Family

National Suicide Prevention Helpline:

1-800-273-8255

Youth Suicide Chat/Text Helpline:

(M-F, 6PM-12AM): 1-800-488-7386

Southern Tier Food Bank:

607-796-6061

foodbankst.org

Schuyler County Department of Social Services:

607-535-8303

schuylercounty.us

- SNAP/HEAP/WIC
- Employment
- Daycare Information/Assistance
- Temporary Assistance
- Child and Family Services/Adult Protective Services
- Non-mandated Abuse/Maltreatment Hotline: 1-800-342-3720 OR if you believe that it is an emergency please call 9-1-1

Office for People with Developmental Disabilities (OPWDD) : 315-473-5050

ARC: 607-535-6934

Catholic Charities of Schuyler and Chemung:

607-535-2050

- Victim Services (Domestic Violence/Intimate Partner Violence)
- Runaway and Homeless Hotline/Services
- www.cs-cc.org
- Community Kitchen- Food Pantry

Planned Parenthood of Schuyler County

607-535-0030

plannedparenthood.org

Domestic Violence National Hotline:

1-800-799-7233

Self-Care for Families

<p><i>emotional</i></p> <ul style="list-style-type: none"> ___ watch a good movie ___ write each other positive notes ___ verbalize and talk about feelings ___ draw self portraits ___ Say "I love you" ___ spend time writing ___ have a sing-a-long ___ tell jokes ___ try a new craft 	<p><i>physical</i></p> <ul style="list-style-type: none"> ___ dance party ___ go for a walk ___ family bike ride ___ take a hike ___ play kickball ___ tag ___ roller skating ___ go to the pool ___ jumprope ___ kids yoga ___ wii fit games 	<p><i>spiritual</i></p> <ul style="list-style-type: none"> ___ a gratitude list ___ go outside ___ talk about forgiveness ___ write thank you's ___ volunteer ___ spend time outside or with nature ___ practice positive self-talk ___ plant a tree
<p><i>mental</i></p> <ul style="list-style-type: none"> ___ read together ___ draw or write stories ___ kids meditation ___ find shapes in clouds ___ practice belly breaths ___ go on a walk to find new things ___ make vision boards ___ try Headspace for kids ___ create mandalas ___ make mindfulness jars ___ play mind strength games like memory 	<p><i>practical</i></p> <ul style="list-style-type: none"> ___ clean up ___ declutter old toys ___ assign chores ___ make a grocery list together ___ learn about money ___ make a weekly budget check-in ___ make a weekly cleaning check-in ___ homework/study ___ have a morning & night routine 	<p><i>social</i></p> <ul style="list-style-type: none"> ___ play in the park ___ call or visit relatives ___ have family dinner ___ play boardgames ___ host a sleepover ___ invite friends over ___ plan a bbq ___ join a team ___ do a neighborhood food drive ___ have talks about friendship and how to be a friend.

just stay curious

Schuyler County Resources:

Parents:

Children and teens react, in part, on what they see from the adults around them. When parents and caregivers react calmly and confidently, they can provide the best support for their children. Parents can be more reassuring to others around them, especially children, if they are better prepared.

Not all children and teens respond to stress in the same way. Some common changes to watch for include:

- Excessive crying or irritation in younger children
- Returning to behaviors they have outgrown (for example, toileting accidents or bedwetting)
- Excessive worry or sadness
- Unhealthy eating or sleeping habits
- Irritability and “acting out” behaviors in teens
- Difficulty with attention and concentration
- Avoidance of activities enjoyed in the past
- Unexplained headaches or body pain
- Use of alcohol, tobacco, or other drugs

There are many things you can do to support your child:

- Take time to talk with your child or teen about their worries. Answer questions and [share facts](#) in a way that your child or teen can understand.
- Reassure your child or teen that they are safe. Let them know it is ok if they feel upset. Share with them how you deal with your own stress so that they can learn how to cope from you.
- Limit your family’s exposure to news and social media. Children may misinterpret what they hear and can be frightened about something they do not understand.
- Try to keep up with regular routines. Create a schedule for learning activities and relaxing or fun activities.
- Be a role model. Take breaks, get plenty of sleep, exercise, and eat well.