



Where do I go if I need...

Food

TUHSD MEAL SERVICES- *Wednesday, March 25*, Tolleson Union High School District students can pick up a Meal Pack at the high school where they are currently enrolled. Meal Packs will be distributed from 4:00 p.m. to 6:00 p.m. Please note meal service process will change after this week.

Beginning **Monday, March 30**, Tolleson Union High School District students can receive a 5-day Meal Pack for the week. Monday Meal Packs will include breakfast and lunch for 5 days for Tolleson Union High School District students. Meals will be distributed from 4:00 p.m. to 6:00 p.m. each Monday. Tolleson Union High School District students must be present in order to receive the 5-day Meal Pack.

Find a Food Bank Near you: Receiving emergency food from a food bank, pantry, soup kitchen or shelter is just one option that may be available to you and your family. If you are struggling to put food on the table, make sure you have explored the SNAP (Food Stamps) program and learned about other programs and resources available. Check with www.azfoodbanks.org for additional resources.

MANAGING CORONA VIRUS (COVID-19) ANXIETY

For You

- Avoid excessive exposure to media coverage
- Connect through calls/text/internet
- Add extra time for daily stress relief
- Practice self-care
- Focus on your mental health

For Kids

- Reassure them that they're safe
- Let them talk about their worries
- Share your own coping skills
- Limit their news exposure
- Create a routine & structure

BlessingManifesting

For Quarantine/Isolation

- Keep in contact with your loved ones via social media, texts, and phone calls
- Create a daily self-care routine
- Keep yourself busy: games, books, movies
- Focus on new relaxation techniques

Stress During an Infectious Disease Outbreak Can Look Like

If your child needs individual counseling services call [Touchstone](http://www.touchstone.org) for a School Based Services referral. (602) 618-9815

- Fear and worry about your own health and the health of your loved ones.
- Changes in sleep or eating patterns.
- Difficulty sleeping or concentrating.
- Worsening of chronic health problems.
- Irritability and "acting out" behaviors.
- Unexplained headaches or body pain.
- Increased use of alcohol, tobacco or drugs.

Practice self care- [Try this](#) or maybe [this!](#)

Internet Accessibility

The FCC has an agreement which states that providers will waive late fees, not cutoff services for lack of payment, and open hot-spots for increased accessibility to the internet. Check out deals from the following companies on their web-sites, including free hot-spots and internet for \$10 a month:

- Cox
- T-Mobile
- Verizon
- Comcast
- Sprint
- AT&T
- Charter

People with pre-existing mental health conditions should continue with their treatment and be aware of new or worsening symptoms.

Family Crisis Support

National 24-Hour Crisis Hotlines:

- National Suicide Prevention Lifeline: **1-800-273-TALK (8255)**
- National Substance Use and Disorder Issues Referral and Treatment Hotline: **1-800-662-HELP (4357)**
- Text: Text the word "HOME" to **741741**

Suicide & Crisis Hotlines by County:

- Maricopa County served by Mercy Care: **1-800-631-1314** or **602-222-9444**
- Cochise, Graham, Greenlee, La Paz, Pima, Pinal, Santa Cruz and Yuma Counties: **1-866-495-6735**
- Apache, Coconino, Gila, Mohave, Navajo and Yavapai Counties: **1-877-756-4090**
- Gila River and Ak-Chin Indian Communities: **1-800-259-3449**
- Salt River Pima Maricopa Indian Community: **1-855-331-6432**

Especially for Veterans:

Veterans Crisis Line: **1-800-273-8255 (press 1)**
Be Connected: **1-866-4AZ-VETS (429-8387)**

SAMHSA's (Substance Abuse and Mental Health Services Administration) Disaster Distress Helpline: **1-800-985-5990** (or text [TalkWithUs](http://TalkWithUs.org) to 66746) is a 24/7, 365-day-a-year national crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters. It is toll-free, multilingual, confidential, and available to all residents of the US and territories.

Teen LifeLine 602-248-8336 (TEEN) or teenlifeline.org/ . In Arizona 800-248-8336 (TEEN) Texting hours: 12-9pm

If you are in need of an additional resource or referral please email misti.andrews@tuhsd.org with support needed, current city, and student's name. Emails will be monitored Monday-Friday 8:00-5:00.