

Resources for RI Families during COVID-19

Education

Rhode Island Department of Education COVID-19 Updates & Resources
<https://www.ride.ri.gov/InsideRIDE/AdditionalInformation/Covid19.aspx>

School Decision-Making Tool for Parents

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/decision-tool.html>

Behavioral Health Care/Mental Health Support

BH Link provides immediate assistance for a mental health crisis

<https://www.bhlink.org/>

RICBT provides teletherapy with psychotherapists and psychiatrists

<https://ricbt.com/>

Psychology Today provides a directory to find a psychotherapist nearby

<https://www.psychologytoday.com/us>

CDC provides information for resources and how to cope with stress

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>

APA article on ways to strengthen couples' relationships

<https://www.apa.org/topics/covid-19/strengthen-couples-relationships>

American Academy of Child and Adolescent Psychiatry

https://www.aacap.org/AACAP/Families_and_Youth/Resource_Libraries/covid-19/resources_helping_kids_parents_cope.aspx

McLean Hospital provides free webinars on mental health for the public
<https://home.mcleanhospital.org/webinar-series>

Financial Challenges

Home Owners and Renters Protections

<https://health.ri.gov/covid/homeownersandrenters/index.php>

Employment Related Issues

<https://health.ri.gov/covid/economy/index.php>

Job Search Support

<https://jobclubri.org/>

United Way of RI provided assistance to families in crisis

<https://www.uwri.org/>

Health Concerns Regarding COVID-19

Updates from Governor Raimondo

<https://health.ri.gov/covid/>

Updates from the Centers for Disease Control

<https://www.cdc.gov/coronavirus/2019-nCoV/index.html>

Updates from the World Health Organization

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

Dr. Michael Osterholm discusses COVID concerns each week

<https://www.cidrap.umn.edu/covid-19/podcasts-webinars>