Resources for RI Families during COVID-19

Education
Rhode Island Department of Education COVID-19 Updates & Resources

School Decision-Making Tool for Parents

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

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
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

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