

COVID-19 Resource List

Compiled by the Northwest Portland Area Indian Health Board (NPAIHB)

NPAIHB COVID-19 Updates: <http://www.npaihb.org/covid-19/>

National Mental Health COVID-19 Resources

General Information and Resources	<ul style="list-style-type: none">• Call 1-800-985-5990 for SAMHSA's Disaster Distress Helpline. The Helpline provides 24/7, 365-day-a-year crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters.• CDC: Mental Health and Coping During COVID-19 CDC• SAMHSA: Taking Care of Your Behavioral Health: Tips for Social Distancing, Quarantine, and Isolation During an Infectious Disease Outbreak• National Indian Health Board: COVID-19 Community Health Tools• Urban Indian Health Institute: Indigenous Resilience and COVID-19• Psych Hub: Covid-19 Mental Health Resource Hub• American Foundation for Suicide Prevention: Taking Care of Your Mental Health in the Face of Uncertainty• Anxiety and Depression Association of America: Coronavirus Anxiety - Helpful Expert Tips and Resources• Crisis Text Line: How to Handle Coronavirus• American Psychological Association – COVID-19 Information and Resources• Shine: Care for Your Coronavirus Anxiety is an interactive website with guided meditations, tips for managing anxiety, and support for parents.
Talking with Children and Youth	<ul style="list-style-type: none">• Child Mind Institute: Talking to Kids about the Coronavirus• Love in the time of Coronavirus: A HOPE-informed guide for parents• What Kids Want To Know About Coronavirus: An Original Comic : Goats and Soda• American Academy of Pediatrics: Parenting and COVID-19• Zero to Three: Tips for Families: COVID-19• Be Strong Families: Daily Webinars for Parents and Families: COVID-19• Healthy Native Youth: My Self-Care Plan for Youth• 5 Ways to Help Teens Manage Coronavirus Anxiety• How teenagers can protect their mental health during coronavirus
Talking with Elders	<ul style="list-style-type: none">• How to talk to your aging parent about COVID-19: A Thoughtful Approach to Conversations• How to Talk with Your Older Parents about COVID-19• Yellowhawk Tribal Health Center: Important message from Tribal Elder Tessie Williams about COVID-19• CDC: Older Adults and Coronavirus• Duke Today: Supporting Older Relatives During COVID-19

	<ul style="list-style-type: none"> • John Hopkins Medicine: COVID-19 and Caring for the Elderly • American Foundation for Suicide Prevention: Caring for Elders • Healthy Native Youth: My Self-Care Plan for Elders/ Adults • Senior Loneliness Line at Lines for Life
Suicide Prevention	<ul style="list-style-type: none"> • Lines for Life: 24/7 free, confidential, and anonymous help get help • Suicide Prevention Lifeline Coping during COVID-19 • The Trevor Project: Implications of COVID-19 for LGBTQ Youth Mental Health and Suicide Prevention • American Foundation for Suicide Prevention: Mental health and COVID-19 • Approved Suicide Prevention Apps: <ul style="list-style-type: none"> ○ Stay Alive: Grassroots Suicide Prevention App ○ ReMinder Suicide Safety Plan on the App Store
Substance Use Disorder Resources	<ul style="list-style-type: none"> • Online 12 step meetings during COVID-19 • Harm Reduction Coalition: Guidance for people who use drugs and harm reduction programs • Connections App: A free app to support people in recovery • In the Rooms: COVID-19 Online Recovery Resources

State COVID-19 Resources

Washington	<ul style="list-style-type: none"> • Washington State COVID-19 Response: For You and Your Family • University of Washington Counseling Center: Coping with COVID-19 Stress • Seattle Children’s Hospital: Free Mental Health Referral Service for Children and Teens • Financial Resources for Washington Residents Impacted by COVID-19 • Washington Office of Superintendent of Public Instruction: Talking to your children about school closures • WSDA: COVID-19 Hunger Relief Information • Washington Food Coalition: Hunger Relief Distribution Updates
Oregon	<ul style="list-style-type: none"> • Oregon Health Authority: COVID-19 Updates • Mental Health: Oregon Crisis Lines • NAYA: Community Resources during COVID-19 • Oregon Employment Department: Unemployment Insurance Benefits • Portland Public School: Student Computer Request Form • Oregon Department of Education: COVID-19 Resources • Multnomah County Library E-books and more

	<ul style="list-style-type: none"> • Oregon Department of Education: COVID-19 Food Resources • Partners for a Hunger Free Oregon: Food Access and COVID-19 • Oregon Department of Human Services: 211 Info- Food
Idaho	<ul style="list-style-type: none"> • Idaho Official Resources for the Novel Coronavirus • Idaho State Board of Education: Coronavirus / COVID-19 Resources • Idaho State Department of Education online resources Parents / SDE • Idaho Department of Health and Welfare • Idaho Suicide Prevention Hotline • The Idaho Food Bank: Food Assistance Locator

Tribal COVID-19 Resources and Updates

*If a tribe has released a statement or has a webpage regarding COVID-19 it is linked. These links will be checked regularly and updated.

Washington	<ul style="list-style-type: none"> • Chehalis Tribe • Colville Tribes • Cowlitz Tribes • Hoh Tribe • Jamestown S’Klallam Tribe • Kalispel Tribe • Lower Elwha Klallam Tribe • Lummi Nation • Makah Tribe • Muckleshoot Tribe • Nisqually Tribe • Nooksack Tribe • Port Gamble S’Klallam Tribe • Puyallup Tribe • Quileute Tribe 	<ul style="list-style-type: none"> • Quinault Indian Nation • Samish Indian Nation • Sauk-Suiattle Tribe • Shoalwater Bay Tribe • Skokomish Tribe • Snoqualmie Tribe • Spokane Tribe • Squaxin Island Tribe • Stillaguamish Tribe • Suquamish Tribe • Swinomish Tribe • Tulalip Tribe • Upper Skagit Tribe • Yakama Indian Nation
Oregon	<ul style="list-style-type: none"> • Burns Paiute Tribe • Confederated Tribes of the Umatilla Indian Reservation • Confederated Tribes of Coos, Lower Umpqua, and Siuslaw Indians • Coquille Tribe • Cow Creek Band of Umpqua • Grand Ronde Tribes • Klamath Tribes • Siletz Tribes • Warm Springs Tribes 	

Idaho

- [Coeur d'Alene Tribe](#)
- [Kootenai Tribe](#)
- [Nez Perce Tribe](#)
- NW Band of Shoshone
- [Shoshone-Bannock Tribes](#)

Free Education and Access during COVID-19

Educational Activities for Children

- [Wide Open School](#) – a collection of online educational resources for families
- A comprehensive list of free education resources: [Amazing Educational Resources](#)
- Free audiobooks and stories at [Audible.com](#)
- Free online books: [Freebooksy](#) and [Free-eBooks.net](#)
- Google Arts and Culture [virtual field trips](#)
- 20 days free access to Scholastic Learn at Home [Teaching Remotely for Grades K - 12 | Free Resources and Strategies](#)
- Free streaming services: [Pluto TV - It's Free TV](#) and [Kanopy Kids](#)
- Free access to opera streaming: [Nightly Met Opera Streams](#)

Services and Access

- [Free Comcast Internet Essentials Program](#) – New Internet Essentials customers will receive two free months of Internet service if you apply by June 30, 2020. After promotion, regular rates apply.
- [All Xfinity WiFi Public Hotspots](#) are now open to everyone on the “xfinitywifi” SSID. Public hotspots can be found in small/medium businesses and outdoors in commercial areas.
- Keep Americans Connected Pledge - [These companies](#) have pledged to not terminate service because of customers’ inability to pay, waive any late fees, and open WiFi hotspots to anyone.
- Host [a virtual Netflix watch party](#) with your friends