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## *Office of Behavioral Health Guidance & Resources for Parents & Children Returning to School*

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### **Information for Parents, Children & Families**

The Office of Behavioral Health (OBH) is committed to the advancement and promotion of positive health, and specifically positive behavioral health practices. As such, the following resources have are currently published and accessible to the public for assistance during this current pandemic. The information is updated regularly, and the agency is open to feedback and other information that will assist the citizens of Louisiana as we navigate this unprecedented health event. Below are several resources that are currently available.

The Office of Behavioral Health (OBH) COVID-19 Behavioral Health Information link on the OBH webpage (<http://ldh.la.gov/index.cfm/page/3883>) provides information, guidance and other resources for citizens and providers specifically related to the COVID-19 pandemic, coping and maintenance of behavioral health, information for parents and families, provider flexibilities and allowances, etc. Below are some areas on the webpage that may be of particular interest to many, specifically parents and children going back to school as children and youth are included in the vulnerable populations relative to COVID-19.

The “**Info for Parents**” section of the OBH webpage (see link above) has articles about caring for children and family-related information that may be helpful. Information about returning to school and other activity-related exercises and practices that may help families with children is available, also. Below, the links are listed, and you’re encouraged to scroll over the bulleted items and press Ctrl + Click the link to go directly to the resources & information.\*

- [SCHOOL DECISION-MAKING TOOL FOR PARENTS, CAREGIVERS, AND GUARDIANS](#)
- [CHECKLIST: PLANNING FOR IN-PERSON CLASSES](#)
- [RETURN TO SCHOOL DURING COVID-19](#)
- [PEDIATRICIANS, EDUCATORS AND SUPERINTENDENTS URGE A SAFE RETURN TO SCHOOL THIS FALL](#)
- [PARENTING IN A PANDEMIC: TIPS TO KEEP THE CALM AT HOME](#)
- [FEELING OVERWHELMED WITH PARENTING DEMANDS?](#)
- [HELPING CHILDREN COPE WITH STRESS](#)
- [TALKING TO YOUNG CHILDREN WHO ARE ISOLATED](#)
- [SAMHSA GUIDANCE & INFORMATION- CARING FOR CHILDREN IN A DISASTER](#)
- [CARING FOR CHILDREN IN A DISASTER](#)
- [RESOURCES FOR SUPPORTING CHILDREN'S EMOTIONAL WELL-BEING DURING THE COVID-19 PANDEMIC](#)

\*THESE RESOURCES ARE NOT EXHAUSTIVE AND THIS IS NOT MEDICAL ADVICE AND RATHER ENCOURAGEMENTS ARE AVAILABLE TO THE PUBLIC AND ENDORSED BY THE OFFICE OF BEHAVIORAL HEALTH.

### Other LDH – OBH Webpage & Suggested Resources

- The **LDH Coronavirus Webpage** (<http://ldh.la.gov/Coronavirus/>) has a wealth of information about all things COVID-19 and health related including data, tips, resources, etc. This page is updated daily with statistics and COVID-19 related information.
- The Local Governing Entities (LGEs) are the behavioral health clinics that provide direct services and guidance about where to obtain these services. There are 10 LGEs, all of which provide direct services to individuals with or without insurance coverage. Here is the link with all of the contact info for each LGE: <http://ldh.la.gov/index.cfm/directory/category/321>
- The **Keep Calm Through COVID Toll-Free Helpline is the LDH-OBH sponsored toll-free confidential helpline (1-866-310-7977)** that offers support to individuals struggling with the impact of the COVID-19 Pandemic who may be experiencing anxiety and/or emotional distress 24/7. Trained individuals are available to receive the callers and assist with coping and managing emotional distress.
- The newest addition to resources for citizens is the **Behavioral Health Recovery Outreach Line, which is a Warm Line** available to callers on a 24/7 schedule. The line is toll-free and confidential line and aims to prevent a crisis from occurring by calling **1-833-333-1132**. Louisianans on the verge of a crisis can always find a listening ear through the new Behavioral Health Recovery Outreach Line, and can receive real-time support to avoid, prevent or intercept a crisis from occurring.
- **ConquerCOVID19.LA** (<https://conquercovid19.la/>) is an initiative and launched as the CrisisText line for crisis de-escalation. This text line was introduced and is promoted on the website noted above, and provides immediate connection for crisis support by texting **REACHOUT to 741741**. Texters have access to a 24/7, free, confidential crisis counselor to guide and assist as they are experiencing a heightened emotional state to a calmer state by the end of the contact. [Please note - Provision of a Licensed Mental Health Supervisor is available if the texter needs more intensive assistance and/or services.]