**Resources**

**Free/Low Cost Internet**

**Charter Spectrum:**

**Free internet for students from Charter Spectrum**

Households with students K–12 or university students can sign up for a new Charter Spectrum internet account to get the first two months of internet with speeds up to 100 Mbps for free. Installation fees will be waived for those who qualify for the offer. Call 1-844-488-8395 to enroll.

Spectrum Wi-Fi hotspots are also currently open and free to use.

**Cox Internet:**

Until May 12, 2020, Cox is offering the first month of it’s low-income internet program, [Connect2Compete](https://www.google.com/url?q=https%3A%2F%2Fwww.cox.com%2Fresidential%2Finternet%2Fconnect2compete.html%3Futm_source%3Dhighspeedinternet.com%26utm_medium%3Daffiliate%26clreqid%3Dc1c6fc01-f3d2-4353-a82c-664e4b957332&sa=D&sntz=1&usg=AFQjCNGw6AZgqQkl4KyPCaJDhHDdp1RQUg), for free. The internet service is also providing free phone and remote desktop support for technical support during that time.

**Food/meals**

[CCSD Food Distribution Website](https://www.google.com/url?q=https%3A%2F%2Fsites.google.com%2Fnv.ccsd.net%2Fcovid-19updates%2Ffood-distribution-information%23h.609qrppo89og&sa=D&sntz=1&usg=AFQjCNEdLcYr842T5ZENbo7Ad-g-_Jrxgg)

[Three Square Las Vegas](https://www.google.com/url?q=https%3A%2F%2Fwww.threesquare.org%2F&sa=D&sntz=1&usg=AFQjCNHm-AOivAyOa57RQiSiVXWvInw84g)

[The Just One Project](https://www.google.com/url?q=https%3A%2F%2Fthejustoneproject.org%2Fhome-1&sa=D&sntz=1&usg=AFQjCNFrsm-UllZIsWwCU4CTh1uUVq3J1w)

[Catholic Charities of Southern Nevada](https://www.google.com/url?q=https%3A%2F%2Fwww.catholiccharities.com%2Fservice_details%2Ffood-pantry%2F&sa=D&sntz=1&usg=AFQjCNEkFVkv2mTyRt2q7Q9qy9M7lCjeSw)

[Nevada 2-1-1 Food Pantries](https://www.google.com/url?q=https%3A%2F%2Fwww.nevada211.org%2Ffood-lines-pantries%2F&sa=D&sntz=1&usg=AFQjCNGYBcxlz97Y6WZ2fEJPGDPG4-hx8A)

[Clark County Food Bank - Partner Agencies](https://www.google.com/url?q=https%3A%2F%2Fwww.clarkcountyfoodbank.org%2Fpartneragencies&sa=D&sntz=1&usg=AFQjCNGom_qgFDBi56ipvJzjCID1EUDV4Q)

**Talking to Your Kids**

[Talking to Kids about Coronavirus for Parents](https://www.google.com/url?q=https%3A%2F%2Fhigherlogicdownload.s3.amazonaws.com%2FNASN%2F3870c72d-fff9-4ed7-833f-215de278d256%2FUploadedImages%2FPDFs%2F02292020_NASP_NASN_COVID-19_parent_handout.pdf&sa=D&sntz=1&usg=AFQjCNGbuT_CQztED4-aCV3l5Gd0hBbiGg) [Spanish Version](https://www.google.com/url?q=https%3A%2F%2Fhigherlogicdownload.s3.amazonaws.com%2FNASN%2F3870c72d-fff9-4ed7-833f-215de278d256%2FUploadedImages%2FPDFs%2F02292020_NASP_NASN_COVID-19_parent_handout_Spanish.pdf&sa=D&sntz=1&usg=AFQjCNFNDuccMJfdjyt0DdAWswFIdLMdeA)

[PBS Kids Article - How to Talk to Your Kids about Coronavirus](https://www.google.com/url?q=https%3A%2F%2Fwww.pbs.org%2Fparents%2Fthrive%2Fhow-to-talk-to-your-kids-about-coronavirus%3Ffbclid%3DIwAR2WKnnX_hV8sr2VsJZHnml2xx3_bb08WH6AZbWTt5WWPiHskk6o5M-CRtg%23.XmpbqMMgiUw.facebook&sa=D&sntz=1&usg=AFQjCNFMaDur5j5G4RZVHVSXp89OQ8ixKw)

[Talking with children about Coronavirus Disease 2019: Messages for parents, school staff, and others working with children - CDC](https://www.google.com/url?q=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fcommunity%2Fschools-childcare%2Ftalking-with-children.html&sa=D&sntz=1&usg=AFQjCNFTKoTP2yjJDgf2dL-5X5305WhcEg) [Spanish Version](https://www.google.com/url?q=https%3A%2F%2Fstore.samhsa.gov%2Fproduct%2Ftalking-children-tips-caregivers-parents-and-teachers-during-infectious-disease-outbreaks-0%3Freferer%3Dfrom_search_result&sa=D&sntz=1&usg=AFQjCNGqDEokSbya0zRKXTKc1E3mEKHc8Q)

[Coronavirus - Social Story](https://www.google.com/url?q=https%3A%2F%2Ftheautismeducator.ie%2Fwp-content%2Fuploads%2F2020%2F03%2FThe-Corona-Virus-Free-Printable-.pdf&sa=D&sntz=1&usg=AFQjCNHZOBNojHF7TRlmj00nIzIMXyGJdw)

[CDC Handwashing Guide](https://www.google.com/url?q=https%3A%2F%2Fwww.cdc.gov%2Fhandwashing%2Fpdf%2Fhand-sanitizer-factsheet.pdf&sa=D&sntz=1&usg=AFQjCNEoK_qgRhtsNMLY8e-FI5gOwoI-Sw)

[Supporting Kids During the Coronavirus Crisis](https://www.google.com/url?q=https%3A%2F%2Fchildmind.org%2Farticle%2Fsupporting-kids-during-the-covid-19-crisis%2F%3Futm_source%3Dnewsletter%26utm_medium%3Demail%26utm_content%3D%2520Parents%2520Guide%2520to%2520Problem%2520Behavior%26utm_campaign%3DWeekly-03-16-20&sa=D&sntz=1&usg=AFQjCNG4eQADv_5kGdmKppnD_VZ0fNC4pg) [Spanish Version](https://www.google.com/url?q=https%3A%2F%2Fchildmind.org%2Farticle%2Fcomo-apoyar-a-los-ninos-en-la-crisis-del-covid-19%2F&sa=D&sntz=1&usg=AFQjCNFVBbw_viwYCFVCQ0Ds9jJwdPdSyQ)

[Resources for Families During the Coronavirus](https://www.google.com/url?q=https%3A%2F%2Fwww.commonsensemedia.org%2Fresources-for-families-during-the-coronavirus-pandemic&sa=D&sntz=1&usg=AFQjCNG3vh8Z8RbT_YYKkWWtKbAlYsOrnA) [Spanish Version](https://www.google.com/url?q=https%3A%2F%2Fwww.commonsensemedia.org%2Frecursos-para-las-familias-durante-la-pandemia-del-coronavirus&sa=D&sntz=1&usg=AFQjCNF3cMJt6L69L5xt-Voe44NJq_7vXQ)

[Explaining the News to Our Children](https://www.google.com/url?q=https%3A%2F%2Fwww.commonsensemedia.org%2Fblog%2Fexplaining-the-news-to-our-kids%3Fj%3D7702172%26sfmc_sub%3D170690604%26l%3D2048712_HTML%26u%3D143457640%26mid%3D6409703%26jb%3D172%26utm_source%3Dedu_nl_20200317%26utm_medium%3Demail&sa=D&sntz=1&usg=AFQjCNFYEdHRrLeqZ01TACduiu-ZbANakQ) [Spanish Version](https://www.google.com/url?q=https%3A%2F%2Fwww.commonsensemedia.org%2Fespanol%2Fblog%2Fcomo-hablar-con-tus-hijos-sobre-la-tragedia-en-orlando&sa=D&sntz=1&usg=AFQjCNHXIjWat4nOE69vp5ZSJPZ5RbF0Gg)

[Talking With Children: Tips for Caregivers, Parents, and Teachers During Infectious Disease Outbreaks](https://www.google.com/url?q=https%3A%2F%2Fstore.samhsa.gov%2Fproduct%2Ftalking-children-tips-caregivers-parents-and-teachers-during-infectious-disease-outbreaks%2FPEP20-01-01-006%3Freferer%3Dfrom_search_result&sa=D&sntz=1&usg=AFQjCNHT9DUqEZtwMXNzzmZotWKb7Qe_rA)

[GUÍA DE AYUDA PARA PADRES Y CUIDADORES PARA AYUDAR A LAS FAMILIAS A ENFRENTAR LA ENFERMEDAD CORONAVIRUS 2019 (COVID-19)](https://www.google.com/url?q=https%3A%2F%2Fwww.nctsn.org%2Fsites%2Fdefault%2Ffiles%2Fresources%2Ffact-sheet%2Fparent_caregiver_guide_to_helping_families_cope_with_the_coronavirus_disease_2019-sp.pdf&sa=D&sntz=1&usg=AFQjCNFkNme9gAGN8hyiHx90D2TTFcCQtg)

[PARENT/CAREGIVER GUIDE TO HELPING FAMILIES COPE WITH THE CORONAVIRUS DISEASE 2019](https://www.google.com/url?q=https%3A%2F%2Fwww.nctsn.org%2Fresources%2Fparent-caregiver-guide-to-helping-families-cope-with-the-coronavirus-disease-2019&sa=D&sntz=1&usg=AFQjCNFx1oKkhxu_BwxZK4pK2f3lBHpBOg)

[How to Talk to Kids About Coronavirus Keeping your own anxiety in check is key](https://www.google.com/url?q=https%3A%2F%2Fwww.nytimes.com%2F2020%2F03%2F17%2Fparenting%2Fcoronavirus-kids-talk.html&sa=D&sntz=1&usg=AFQjCNHkO7bZ31PK5odgSSABDFWtbwdHnQ)

**Mental and Behavioral Health**

[Manage Stress and Anxiety During Coronavirus Outbreak - CDC](https://www.google.com/url?q=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fprepare%2Fmanaging-stress-anxiety.html%3FCDC_AA_refVal%3Dhttps%253A%252F%252Fwww.cdc.gov%252Fcoronavirus%252F2019-ncov%252Fabout%252Fcoping.html&sa=D&sntz=1&usg=AFQjCNEsrWACoRqhW3-EwL80M7bxGegx8A) [Spanish Version](https://www.google.com/url?q=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fprepare%2Fmanaging-stress-anxiety-sp.html&sa=D&sntz=1&usg=AFQjCNFt0s5_KqcKuY5wkrVZqNRVF0piAQ)

[Taking Care of Your Behavioral Health During an Infectious Disease Outbreak Main page content Tips for Social Distancing, Quarantine, and Isolation](https://www.google.com/url?q=https%3A%2F%2Fstore.samhsa.gov%2Fproduct%2Ftaking-care-your-behavioral-health-during-infectious-disease-outbreak&sa=D&sntz=1&usg=AFQjCNFU9L5o24ekvHNIVEjcpNw-j3iGOw)

[Coping with Stress During Infectious Disease Outbreaks](https://www.google.com/url?q=https%3A%2F%2Fstore.samhsa.gov%2Fproduct%2Fcoping-stress-during-infectious-disease-outbreaks&sa=D&sntz=1&usg=AFQjCNGT2gGasYtnnmRTN9lR0cK7m9QDyw)

[Mental Health Considerations during COVID-19 Outbreak](https://www.google.com/url?q=https%3A%2F%2Fwww.who.int%2Fdocs%2Fdefault-source%2Fcoronaviruse%2Fmental-health-considerations.pdf%3Fsfvrsn%3D6d3578af_2&sa=D&sntz=1&usg=AFQjCNEFtmIOuBUMd0ZUIQN1WP1QaOiK5g)

[COVID-19: Managing Stress in this Anxious Time- Institute for Disaster Mental Health](https://www.google.com/url?q=https%3A%2F%2Fnewpaltz.edu%2Fmedia%2Fidmh%2Fcovid-19%2FIDMH%2520COVID19%2520Community%2520Stress%2520Management%2520Tip%2520Sheet%25202020%2520Final.pdf&sa=D&sntz=1&usg=AFQjCNECV3khJaDbn-mdUoMrOUhFdk_1OQ)

[The Secret to Keeping Your Kids Busy and Happy During School Closure](https://www.google.com/url?q=https%3A%2F%2Ftime.com%2F5803373%2Fcoronavirus-kids-at-home-activities%2F&sa=D&sntz=1&usg=AFQjCNHL1ZBgRXSL6ph6hlyNrBYyeSwhJg)

[How Can We Help Kids With Transitions?](https://www.google.com/url?q=https%3A%2F%2Fchildmind.org%2Farticle%2Fhow-can-we-help-kids-with-transitions%2F%3Futm_source%3Dnewsletter%26utm_medium%3Demail%26utm_content%3DHow%2520Anxiety%2520Leads%2520to%2520Disruptive%2520Behavior%26utm_campaign%3DWeekly-03-16-20&sa=D&sntz=1&usg=AFQjCNF_0skGGMVSpP_n7Vj_Bp9MW2igGA)

[Care for Caregivers: Tips for Families and Educators](https://www.google.com/url?q=https%3A%2F%2Fwww.nasponline.org%2Fresources-and-publications%2Fresources-and-podcasts%2Fschool-climate-safety-and-crisis%2Fmental-health-resources%2Fcare-for-caregivers-tips-for-families-and-educators&sa=D&sntz=1&usg=AFQjCNEGzBrsnDUzitN0VHUVRZFdc1_WRA)

[The Harbor- Juvenile Assessment Center](https://www.google.com/url?q=https%3A%2F%2Ftheharborlv.com%2F&sa=D&sntz=1&usg=AFQjCNE7BReP8rLLVChUWppaNJXqettxtg)

[National Alliance on Mental Illness - NAMI Nevada](https://www.google.com/url?q=https%3A%2F%2Fnaminevada.org%2F&sa=D&sntz=1&usg=AFQjCNEXJtW9UsZGB2TqUi2QFsA9CdaHWQ)

[Tips For Social Distancing, Quarantine, And Isolation During An Infectious Disease Outbreak - Tips for Taking Care of Your Behavioral Health](https://www.google.com/url?q=https%3A%2F%2Fwww.samhsa.gov%2Fsites%2Fdefault%2Ffiles%2Ftips-social-distancing-quarantine-isolation-031620.pdf&sa=D&sntz=1&usg=AFQjCNGbzJwHOlxL745ah-zXQHDkj8irAg)

[Crisis Text Line](https://www.google.com/url?q=https%3A%2F%2Fwww.crisistextline.org%2F&sa=D&sntz=1&usg=AFQjCNFceJS84SqEPWmFkAoXh-JXQu9SQg)

[Disaster Distress Line](https://www.google.com/url?q=https%3A%2F%2Fwww.samhsa.gov%2Ffind-help%2Fdisaster-distress-helpline&sa=D&sntz=1&usg=AFQjCNEWLBxqFucy4xnZ8zcMF5LM4UvWOQ)

[The Trevor Project](https://www.google.com/url?q=https%3A%2F%2Fwww.thetrevorproject.org%2F&sa=D&sntz=1&usg=AFQjCNGm0hond34bMxiP0g-vjI76rV4gEQ)

[National Domestic Violence Hotline](https://www.google.com/url?q=https%3A%2F%2Fwww.thehotline.org%2F2020%2F03%2F13%2Fstaying-safe-during-covid-19%2F&sa=D&sntz=1&usg=AFQjCNE9iBS-cHDg9gL-yYI8LBZLQHVkjA)

[National Suicide Prevention Hotline](https://www.google.com/url?q=https%3A%2F%2Fsuicidepreventionlifeline.org%2F&sa=D&sntz=1&usg=AFQjCNHI5bQvmzKSA6BbONB5Br3byG6gLQ)

[The Child Mind Institute - Information Regarding Concerns About Behaviors and Mental Health](https://www.google.com/url?q=https%3A%2F%2Fchildmind.org%2Faudience%2Ffor-families%2F&sa=D&sntz=1&usg=AFQjCNE8p2oa-E1C0yn1hUOJZRoLt0f0Sg)

[Nevada Children's Mental Health Support](http://www.google.com/url?q=http%3A%2F%2Fdcfs.nv.gov%2FPrograms%2FCMH%2F&sa=D&sntz=1&usg=AFQjCNECvX9DfOU9dm98VpTVFy1NMkZLXQ)

[Anxiety and Depression in Children](https://www.google.com/url?q=https%3A%2F%2Fwww.cdc.gov%2Fchildrensmentalhealth%2Fdepression.html&sa=D&sntz=1&usg=AFQjCNEmNubHGRj7wBz5huBpUl1saUUyGw) [Spanish Version](https://www.google.com/url?q=https%3A%2F%2Fwww.cdc.gov%2Fchildrensmentalhealth%2Fspanish%2Fanxiety.html&sa=D&sntz=1&usg=AFQjCNHUO8FL9BQNImDieNOlUFt2DY5rmQ)

[ADHD](https://www.google.com/url?q=https%3A%2F%2Fwww.cdc.gov%2Fncbddd%2Fadhd%2F&sa=D&sntz=1&usg=AFQjCNEsHVRig3OfPqAMFajrcBMJHS5Umw) [Spanish Version](https://www.google.com/url?q=https%3A%2F%2Fwww.cdc.gov%2Fncbddd%2FSpanish%2Fadhd%2Findex.html&sa=D&sntz=1&usg=AFQjCNGZ2T4oloua4rGXNkjaspVuQFO6qA)

**Healthcare / Medicaid**

Children’s Medicaid

<https://www.insurekidsnow.gov/coverage/nv/index.html>

Huntridge Teen Clinic (ages 12 – 17) Dental

<https://www.mightycause.com/organization/Huntridge>

WIC

<http://nevadawic.org/>

Nevada Health Centers

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

Southern Nevada Health District

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

Positively Kids

<https://positivelykids.org/>