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Mental Health Resources:

- All county mental health offices are working remotely but still accessible.
- All crisis numbers are active: Greene Co: 1-800-417-9460. Fayette: 724-437-1003. Washington: 877-225-3567.
- PA state live crisis line: Text PA to 741741.
- National Suicide Prevention Hotline: 1-800-273-8255
- Mental health providers are providing services remotely via telepsych and other virtual means.
- Toolkit to support youth with autism to be shared with families:
<https://ed.unc.edu/2020/03/19/unc-team-creates-online-toolkit-for-those-supporting-individuals-with-autism-during-covid-19-epidemic/>.
- CDC Guidance on Mental Wellness during crisis: <https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>.
- Guide for Families from National Center of Traumatic Stress Network:
https://www.nctsn.org/sites/default/files/resources/fact-sheet/outbreak_factsheet_1.pdf.
- Substance Abuse and Mental Health Services Administration tips for Talking to Children:
<https://suicidepreventionlifeline.org/wp-content/uploads/2020/03/PEP20-01-01-006-508.pdf>.
- Resources from Mental Health of America: <https://mhanational.org/covid19>.
- Interactive Coping Toolkit:
https://www.vibrant.org/safespace/?_ga=2.130988038.847423236.1585068881-1912100212.1585068881.