

FAMILIES

TACKLING TOUGH TIMES

TOGETHER

Economic & Social Resources

Financial Literacy

- [Financial Security for All Personal Finance](#)
- Online personal financial management/financial literacy programs:
 - **Grades 3-5:** Captain Cash – youth learn the basics of spending, saving and borrowing through interactive activities and age appropriate books. INSTRUCTIONS: 1. Go to <https://nearpod.com/> 2. Enter as a student to join the lesson. 3. Type in the code for the lesson. Hit Enter. 4. When you enter the lesson, it will ask for a name. Enter your name. 5. Leave the “Other” box blank. Join the session. **Lesson Codes:** LESSON 1: QVKOT LESSON 2: OEDFU LESSON 3: LBPNR LESSON 4: AJUTB. In person sessions are also available to classrooms through your local Extension Educator.
 - **Grades 6-8:** [The FDIC’s Money Smart for Young People Series \(downloadable link\)](#)– 12 topics that can be accessed in any order, including smart shopping, cash flow and budgeting.
 - **Grades 9-12:** [The High School Financial Planning Program](#) – a self-paced, five module online program that teaches teens about their money habits, goal creation and how to create a spending plan. Great for college students as well.
 - **Adults:** Beginning in June 2020, adults will be able to participate in an online, six module course called *Where Does Your Money Go?* Through interactive activities, the course helps consumers better understand how they spend their money, how to take control of their spending, and save for future large and small purchases. If you are interested in taking part in this free online course, please email Naomi Bechtold at nbechtol@purdue.edu. Naomi will send you a course registration link when the registration goes live.

Other Financial Assistance/Relief

- View your local United Way website <https://www.unitedway.org/find-your-united-way> to see which funds are available in your region.
- Supplemental Nutrition Assistance Program (SNAP) eligibility may be viewed online <https://www.fns.usda.gov/snap/recipient/eligibility>. To apply for benefits or receive more information, contact your local SNAP office by selecting your state on this map: <https://www.fns.usda.gov/snap/state-directory>.
- List of businesses and financial institutions offering payment relief: <https://billrelief.billgo.com/>

Careers and Occupations

The global pandemic has led to dramatic upheaval in the labor market, challenging families financially. Individuals experiencing unemployment are rightfully worried not only about the health and safety of their families, but also their futures. The following resources offer a place to start for those embarking on the challenge of finding work in these difficult times:

- For those unemployed, every state runs their own separate unemployment program. A good place to start for information is with the [Department of Labor](#) (DOL). The DOL website offers a wealth of information and resources. Of special note are the [American Jobs Centers](#), which help all citizens with access to employment and job training services, career planning and guidance.
- The Bureau of Labor Statistics also offers a wealth of information about the outlook for occupations. The pandemic will continue to affect their projections, but they identified the fastest-growing occupations and those adding the most jobs, before the pandemic. This and more information about occupations can be found in their [Occupational Outlook Handbook](#).
- The jobs recovery is slow, and those out of work might consider new career paths. Those considering a change in career can explore different occupations, the skills required of them, and how their own prior experience aligns with new occupations with the O-NET database. The O-NET database compiles a wealth of information about the knowledge, skills, and abilities required, and the activities and tasks performed in nearly a thousand occupations. [This tool provides all of this information for free to the public](#). The “My Next Move” section of the website offers a good place to start for those wanting to explore possible new careers. Keep in mind that changing careers may require additional training and education.
- College enrollment tends to rise when unemployment spikes because people have the time and rationale for investing in training and increasing their education. The uncertainty around whether and how colleges and universities will remain open with in-person classes, means there may be fewer who take themselves out of the labor force to instead attend school for a period of time. An online college experience may be of less interest to a new 18-year-old freshman, but may be desirable for a slightly older adult displaced from a job. It is important to be an informed consumer when looking for training and educational opportunities. [Look for programs accredited by organizations approved by the Council for Higher Education and the Department of Education](#).

Mental and Emotional Well-Being

- National Suicide Prevention Lifeline: 1-800-273-TALK (8255) or online resources or Línea Nacional de Prevención del Suicidio: 1-888-628-9454
- American Foundation for Suicide Prevention [Taking Care of Your Mental Health in the Face of Uncertainty](#).
- VA military help line: 888-457-4838 or text “MIL1” to 839-863
- SAMHSA crisis counseling hotline: 1-800-985-5990 for 24/7 support; Spanish-speakers can call the hotline and press “2” for 24/7 bilingual support.
 - Can also text “TalkWithUs” (English speakers) or “Hablanos” (Spanish speakers) to 66746 to connect with a trained crisis counselor.
 - Deaf and hard of hearing: Text TalkWithUs to 66746
- Disaster Distress Helpline at 1-800-985-5990 or TTY 1-800-846-8517
- LGBTQIA+ Youth Call 1-866-488-7386, text START to 678-678, or [click here to chat with The Trevor Project](#).
- National Alliance on Mental Illness: 1-800-950-NAMI or in a crisis text "NAMI" to 741741
- National Drug Helpline for those struggling with addiction: 1-844-289-0879 or [www.drughelpline.org](#)
- Resources for individual and family wellness:
 - [Prevent Child Abuse America compiled materials to help manage stress and anxiety, promote family engagement/wellness, and how to talk to children about coronavirus](#).
 - [COVID-19 Pandemic Response Resources from the Center for the Study of Traumatic Stress](#)

Resources for People of Color

Right now, access to mental health care for people of color is especially critical. Black people have been watching as a disproportionate number of their loved ones die from the coronavirus pandemic. They've also watched violent killings and threatening of people who look like them – for nothing more than being Black in public. Finding a psychologist or mental health worker is difficult for many people. Below are resources specifically for people of color:

- [National Alliance on Mental Health \(NAMI\) Black/African American specific information and resources](#)
- [Mental Health America \(MHA\) information and resources on Black and African American Communities and Mental Health](#)
- [Black Mental Health Alliance](#) Call 410-338-2642 or visit for more information and resources. The website also has a “Find a Therapist” locator to help you connect with a culturally-competent mental health professional.
- [Black Mental Wellness](#) provides access to evidence-based information and resources about mental health and behavioral health topics from a Black perspective. They also offer training opportunities for students and professionals.
- [View additional resources from Refinery29.](#)

Public Safety

- [The National Domestic Violence Hotline](#): Call 1-800-799-7233 or text LOVEIS to 22-522 to connect with an advocate.
- Rape, Abuse & Incest National Network (RAINN) emergency line: 1-800-656-HOPE (4673)

Housing Assistance

- Resources through 211 may be accessed online (<http://211.org/services/covid19>) or by phone (dial 211)
- Housing and Urban Development (HUD) resources:
 - [For homeowners](#)
 - [For Native Americans](#)

Resources for Military or Veteran Families

- [USAA features hotlines](#) to assist military and veteran families with home equity, life and health insurance, banking, mortgage, and auto and property insurance.

Resources for Families Who Have a Member (or Child) with a Disability

- [Early Childhood Technical Assistance Center](#)
- [The Division for Early Childhood of the Council for Exceptional Children](#)
- [National Center for Learning Disabilities](#)
- [The Arc](#)
- [National Autism Association](#)
- [PACER Center](#)

Resources for Immigrant Families, Refugees or Asylees:

- Immigrant Learning Center
 - [Resources for immigrants, parents and educators during COVID-19 crisis](#)
 - [Activities for kids drawing and coloring at home](#)
- [Rachel's English Classes](#)
- United We Dream resources on healthcare
 - [In English](#)
 - [In Spanish](#)
- [Refugee Council USA](#) features a list of health resources, relief and legal resources, member organizations, and community lists that may help support refugees and asylees.

Legal Assistance

- [A Better Balance](#) offers free legal advice involving sick, family, or medical leave from work.

Volunteering

Volunteering with immediate and extended family members can simultaneously promote family solidarity and build connections with community. Below are varied opportunities for volunteering:

- [United Way](#) is a clearinghouse for local organizations welcoming volunteers.
- The [American Red Cross](#) has a pressing need for volunteers to support blood donations and for general help in the community.
- [Feeding America food banks](#) need volunteers to help receive, stock, and distribute food.

Racism

- National Association of School Psychologists [Countering COVID-19 \(Coronavirus\) Stigma and Racism: Tips for Parents and Caregivers](#)
- Facing History and Ourselves [Coronavirus: Protect Yourself and Stand Against Racism](#)
- [Greater Good Anti-Racist Resources.](#)
- [Anti-Racism Project](#)
- Smithsonian National Museum of African American History and Culture [Talking about Race.](#)
- ZERO TO THREE [Racism and Violence: Using Your Power as a Parent to Support Children Aged Two to Five.](#)
- NPR's Code Switch [List of Books, Films and Podcasts About Racism.](#)
- EmbraceRace [Looking for Excellent "Diverse" Books for Children? Start Here!](#)

More Information on How to be an Ally

- University of Kansas and Center for Community Health and Development [Community Toolbox Section 4. Recognizing Allies.](#)
- Teen Health Source [Ways to Be an Ally](#)
- The Kirwan Institute for the Study of Race and Ethnicity at The Ohio State University [Understanding Implicit Bias.](#)
- [Project Implicit](#)

Positivity and Humor

Transitions and changes for infants and young children can be difficult or they can be seen as a new adventure. Singing songs, telling funny jokes, and reading fun books can be soothing as well as a good strategy for handling change when things feel scary or unpredictable.

- Silly songs, jokes and books for young children:
 - https://www.youtube.com/watch?v=ea4TVg0_8Dk
 - <https://www.youtube.com/watch?v=I2fhcWWjLks&t=6s>
 - <https://www.youtube.com/playlist?list=PLcUfUpoeMOiU-Vum2ZdIYATfGiYZMV58B>
 - <https://www.youtube.com/watch?v=XqZsoesa55w>
 - <https://www.youtube.com/watch?v=ew1567797IY>
 - <https://kidsvillage.com/preschool-jokes/>

Children

- [Sesame Street Communities](#)
- NPR and Sesame Workshops [Parenting Difficult Conversations Podcast](#)

Virtual Tours for the Whole Family

- [Tour of Museums around the world](#)
- [The Louvre](#)
- [The San Diego Zoo](#)
- [Virtual Disney World](#)
- [Great Wall of China](#)
- [Guggenheim](#)
- [Eiffel Tower](#)
- [Georgia Aquarium](#)

Good News

- [Good News Network App](#)

Combined Resources

Extension offices throughout Indiana and in other states offer a wealth of programming including resources in:

- [Agriculture](#)
- [Community](#)
- [Environment](#)
- [Family](#)
- [Food](#)
- [Garden](#)
- [Youth](#)

Consider visiting [Purdue Extension](#) for more information.