

Help Lines

[Cincinnati Children's Psychiatric Intake Response Center-General Information](#)
PIRC [513-636-4124](tel:513-636-4124) or psychiatryresponse@cchmc.org.

[Hamilton County Crisis Hotlines](#)

281-CARE-Call 513-281-CARE (2273) or text 4Hope to 839863

Butler County Crisis Hotline-844-427-4747

Clermont County Crisis Hotline-513-528-SAVE (7283)

Warren and Clinton Counties Hotline-877-695-NEED (6333)

National Suicide Prevention Lifeline-800-273-8255 or text HOME to 74174

Grief Support

Companions on a Journey-Grief Support-513-870-9108

Fernside-Supporting Children and Families Through Grief-513-246-9140

Addressing Difficult Behaviors at Home during Remote Learning- from Cincinnati Children's Hospital:

<https://www.ucucedd.org/wp-content/uploads/2020/03/Addressing-Difficult-Behaviors-at-Home.pdf>

How to help children cope with changes brought about by COVID19 from NASP:

<https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/helping-children-cope-with-changes-resulting-from-covid-19>

Tips for parents/caregivers on countering racism involving COVID19:

[https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/countering-covid-19-\(coronavirus\)-stigma-and-racism-tips-for-parents-and-caregivers](https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/countering-covid-19-(coronavirus)-stigma-and-racism-tips-for-parents-and-caregivers)

Parent self-care while supporting your children during COVID19:

<https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/mental-health-resources/care-for-caregivers-tips-for-families-and-educators>

Emotional Wellness and Mental Health- Includes coping skills and crisis resources

[Emotional Wellbeing During the COVID-19 Outbreak : Lifeline](#)

Managing Anxiety and Reducing Panic during COVID19, as well as tips for social distancing and setting a new routine:

<https://coronavirus.ohio.gov/wps/portal/gov/covid-19/families-and-individuals/coping-with-covid-19-anxiety/Coping-with-COVID-19-Anxiety>

Help creating a schedule at home for school-aged children:

https://teachmama.com/homeschooling-schedule-during-coronavirus/?ck_subscriber_id=224108867

Parent Articles

[Five Ways to Help Teens Manage Anxiety about Coronavirus](#)

[49 Phrases to Calm an Anxious Child](#)

[Kid COVID-19 Explanation & Tips for Worrying](#)