



MANAGING CORONAVIRUS ANXIETY

For Parents/Caregivers:

- Model coping strategies for children
- Add extra time for daily stress relief
- Practice self-care

For Children:

- Reassure them that they're safe
- Keep a consistent routine to help them feel in control
- Let them talk about their worries
- Limit exposure to media and panic discussions
- Focus on positives, like increased family time

In Quarantine/Isolation:

- Keep in contact with loved ones through social media, texts, and phone calls
- Create a daily self-care routine
- Keep busy with games, books, and movies
- Focus on new relaxation techniques

RECOGNIZING THE SIGNS OF STRESS

Stress manifests differently in everyone, but it could look like:

- Increased fear about your health or the health of your loved ones
- Changes in sleeping or eating patterns
- Difficulty concentrating
- Changes in behavior, including withdrawal or irritability
- Unexplained increase in body aches, headaches, or fatigue
- Worsening of chronic health conditions

If your child is in need of short-term counseling services to cope with stress or anxiety during school closure, please reach out to your Legacy Traditional School campus. All Legacy School Psychologists are available to provide short-term counseling services and/or to discuss available resources within the community!

CRISIS RESOURCES FOR FAMILY SUPPORT

24-hour Crisis Hotlines:

**National Suicide
Prevention Lifeline**
800-273-TALK (8255)

**National Substance Use and
Disorder & Disorder Issues
Referral and Treatment Hotline**
800-662-HELP (4357)

Crisis Text Line
text HOME to 741741

Crisis Line & Mobile Crisis Services

Maricopa County
**Crisis Response Network/
Mercy Care**
800-631-1314
602-222-9444

Pinal & Pima Counties
**Southeastern Arizona
Behavioral Health Services**
866-495-6735

24-Hour Crisis Counseling

**SAMHSA's Disaster
Distress Helpline**
1-800-985-5990

Teen Lifeline
602-248-TEEN (8336)
inside Maricopa County
800-248-TEEN (8336)
outside Maricopa County

For a collection of community resources and supports available in light of the COVID-19 pandemic, visit the Arizona Together website at arizonatogether.org.



FOOD (SCHOOL MEALS)

Select Legacy Traditional School campuses are offering free breakfast and lunch for any student who needs meals. Breakfast and lunch are being distributed in grab-and-go bags and are available for pick-up Monday through Friday from 8 a.m. to 1 p.m. at the following campuses:

Avondale

12320 W Van Buren St.
Avondale, AZ 85323

Goodyear

16060 W Lower Buckeye Pkwy.
Goodyear, AZ 85338

Maricopa

17760 N Regent Dr.
Maricopa, AZ 85138

Phoenix

4545 N 99th Ave.
Phoenix, AZ 85037

Casa Grande

1274 E O'Neil Dr.
Casa Grande, AZ 85122

Glendale

13901 N67th Ave.
Glendale, AZ 85306

North Chandler

1900 N McQueen Rd.
Chandler, AZ 85225

Surprise

14506 W Sweetwater Ave.
Surprise, AZ 85379

East Mesa

10707 E Guadalupe Rd.
Mesa, AZ 85212

Laveen

7900 S 43rd Ave.
Laveen, AZ 85339

Northwest Tucson

3500 W Cortaro Farms Rd.
Tucson, AZ 85742

Families in need can pick up meals from any participating Legacy campus, regardless of enrollment status.

Many local school districts also participate in the National School program and may make meals available to students within the community. Check your neighborhood school district for more information.

INTERNET ACCESSIBILITY

Internet access is critical to access instruction while school is closed as well as to maintain connections while adhering to stay-at-home orders. The FCC has an agreement with providers to waive late fees, not cut off service for non-payment, and to open up hotspots for increased accessibility during the Coronavirus crisis. Many providers are offering free hotspots and low-cost internet for as little as \$10 per month. Consider contacting internet service providers directly. You can find ones that service your home address at <https://www.inmyarea.com/internet>.

COMMUNITY ASSISTANCE

Families in need of food can apply for government assistance through the Department of Economic Security's Supplemental Nutrition Assistance Program (SNAP) by visiting <https://www.healthearizonaplus.gov> or by calling (855) 432-7587.

To find a Food Bank in your local area, visit the Arizona Food Bank Network at <http://www.azfoodbanks.org> or by calling (800) 445-1914.

