

# Expect Respect's List of Local and National Resources for Teens and Parents of Teens During the COVID-19 Outbreak

## Resources for getting help now:

1. 24/7 SAFEline
  - a. Call 512-267-SAFE (7233)
  - b. Text 737-888-7233
  - c. Chat [safeaustin.org/chat](https://safeaustin.org/chat)
2. 24/7 Integral Care Crisis Line for crisis support: 512-472-HELP(4357)
3. National Suicide Prevention Lifeline: 1-800-273-8255
4. Hotline for people with COVID-19 symptoms and no health insurance: 512-978-8775
5. [Crisis text line](#) (Text HOME to 741-741)
6. 24/7 support from the Trevor Project's
  - a. TrevorLifeline: 1-866-488-7386
  - b. [TrevorChat](#)
  - c. Trevor Text: text START to 678678

## Resources for safe and healthy relationships:

1. [Love is Respect](#)
2. [Break the Cycle](#)
3. [National Sexual Violence Resource Center: consent](#)

## Resources for financial and housing support:

1. [KVUE jobs that are hiring in Austin](#)
2. [Travis County evictions put on hold; Austin Energy won't shut off utilities amid COVID-19 outbreak](#)
3. Call 2-1-1 for more financial and housing supports

## Resources for food:

1. [AISD meal delivery and curbside distributions](#)
2. [Central TX food bank](#) has a map of food banks by zip code and food distribution schedule
  - a. [Travis Co. Community Centers with food pantry support by appt.](#)
3. [El Buen Samaritano drive-through food pantry Tues-Thurs, 9-11 AM](#) does not require any documentation

## Additional community resources:

1. [ConnectATX](#) food, transportation, employment, mental health, parenting, and health resources
2. [Navegando Austin](#) for resources available for immigrants in TX
3. [Spectrum Internet](#) has free internet for families with students K-12; call your local Spectrum provider to find out if you are eligible
4. [Fund Texas Choice](#) and [Clinic Access Support Network](#): organizations that help people in Texas access reproductive health care

## Resources for people experiencing increased anxiety and fear:

1. [Liberate Meditation \(for and by people of color\)](#)
2. [Girls Empowerment Network stress management kit](#)
3. [CDC mental health and coping during covid-19](#)
4. [The Happiness Lab podcast](#)

**Resources for teens and parents of teens for staying safe online:**

1. [Netsmartz](#)
2. [The Trevor Project: Protect your space and well-being on Instagram](#)
3. [Common Sense Media](#)
4. [Stop Think Connect tip sheet for teens to stay safe online](#)
5. [Let's Talk to Teens: creating digital boundaries](#)
6. [Bark Blog: protecting children from online predators](#)

**Resources for teens to stay connected, informed, and empowered:**

1. SAFE's [Expect Respect](#) program to support youth & healthy relationships
2. Follow @SafeATX on social media for information and program updates
3. [Trevor Space: an affirming online community for LGBTQ+ young people ages 13-24](#)
4. [Scarleteen](#) includes coping skills for teens during COVID-19 crisis
5. [Out Youth](#) has individual and group virtual services for LGBTQ+ mental health and connection

**Resources for self-care:**

1. [Yoga with Adriene](#): free yoga videos; youth-friendly
2. [Nike Fitness App](#): now free during pandemic
3. [CNN what to do this weekend](#)
4. [Love is Respect: Self-Care](#)
5. [Orangetheory Fitness](#): 1 free home workout a day
6. [Ideas for a virtual game night](#)

**Resources for parents of teens:**

1. [SAFE's Strong Start Parents website](#) to promote healthy relationships
2. [The Talking to Teens Podcast](#) for tips on how to have tough conversations with teens
3. [Explaining COVID-19 to people with disabilities](#)
4. [250+ Creative Ways to Keep Your Family Sane During the COVID-19 Crisis.](#)
5. [CDC Stress and Coping Tips](#)
6. [NY Times: How to Home School During Coronavirus](#)
7. [NY Times: Podcasts for Little Kids](#): especially kids age 2-6

**Resources for distance learning for teens:**

1. Podcast [Stuff You Missed in History Class](#)
2. [MIT OpenCourseWare](#) videos, lecture notes, problem sets
3. [Brilliant.org](#) math and science problems for high school students