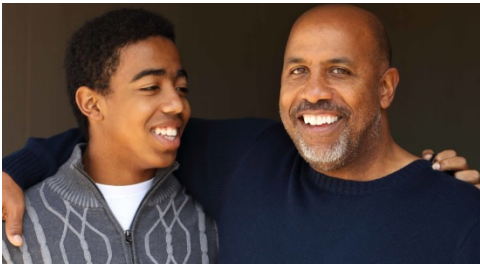


## Information on Supporting Teens and Family During Coronavirus Pandemic

How parents can support teens to talk about their feelings: <https://bit.ly/2Us62x2>



### Expressing Emotion is Good for Your Family

Showing how you feel is key to health and well-being.

[bit.ly](https://bit.ly/2Us62x2)

How To Co-Parent During the Coronavirus Pandemic: <https://bit.ly/2WRxXrv>



### How To Co-Parent During The Coronavirus Pandemic

Here's how divorce lawyers and separated parents are handling social distancing, custody arrangements and child support during the COVID-19 crisis.

[bit.ly](https://bit.ly/2WRxXrv)

### Resources for Mental Health Support and Services:

- If your child is in imminent danger of hurting himself/herself or others, please call 911.
- If NOT in imminent danger of hurting himself/herself or others call these DC hotlines for help 24 hours per day, seven days per week:
  1. **ChAMPS Hotline (202-481-1450)**: If your child is experiencing a mental health crisis you can call ChAMPS- Children and Adolescent Mobile Psychiatric Unit. ChAMPS staff is available 24 hours a day, 7 days a week, 365 days a year to assist families with psychiatric, emotional, behavioral, or family-related problems for FREE.
  2. **DC Department of Mental Health Crisis Hotline (800-273-8255 or 888-7WE-HELP)**: Access Helpline staff will talk with you about mental health concerns for any family member- adults and children- and will help connect them to mental health services in DC. They can help you find an agency that is convenient to where you live. ***\*If you have private insurance contact your member services number first.***