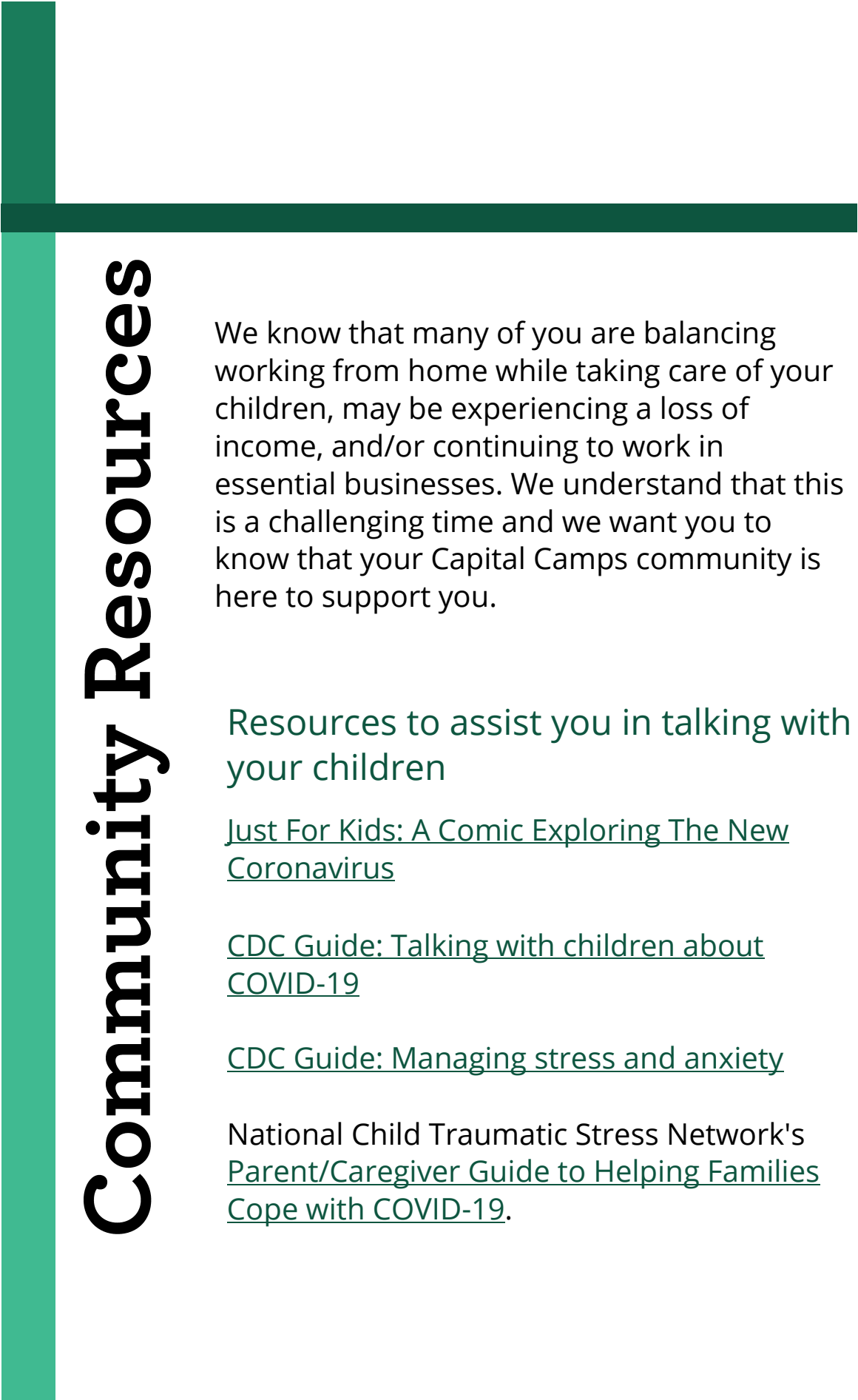


Community Resources

As Capital Camps focuses on activities that bring us together as a community, we also want to share the range of programs and supports that are available in our broader communities.

Resources from Jewish Federations





Community Resources

We know that many of you are balancing working from home while taking care of your children, may be experiencing a loss of income, and/or continuing to work in essential businesses. We understand that this is a challenging time and we want you to know that your Capital Camps community is here to support you.

Resources to assist you in talking with your children

[Just For Kids: A Comic Exploring The New Coronavirus](#)

[CDC Guide: Talking with children about COVID-19](#)

[CDC Guide: Managing stress and anxiety](#)

[National Child Traumatic Stress Network's Parent/Caregiver Guide to Helping Families Cope with COVID-19.](#)

During times of social distancing, it may feel like you are alone and your feelings may be intensified. You are not alone and you and your family matter.
Please use one of these resources if you need help

National Suicide Prevention Lifeline:
1-800-273-8255 or
chat online: <https://suicidepreventionlifeline.org/chat/>

Crisis Textline: Text HOME to 741741

The Trevor Project's Trevor Lifeline specifically for young people, and LGBTQ youth to talk: 1-866-488-7386, to chat <https://www.thetrevorproject.org/>.

The National Domestic Violence Hotline 24/7:
1-800-799-7233, or live chat at <http://thehotline.org>

Counseling or support related to emotional distress, [SAMHSA's Disaster Distress Hotline](#), call 1-800-985-5990 or text TalkWithUs to 66746.

Help with essential needs or other resources, visit <http://211.org> for help