



Public Service Announcement

Assistance for Families During COVID-19 Sheltering in Place

The COVID-19 pandemic has been stressful on many families and the sheltering in place has impacted the children's normal routines. Below are links that offer tips and support for families.

For families who have children with autism, [Autismspeaks.org](https://www.autismspeaks.org) is a great resource.

<https://www.autismspeaks.org/news/tips-managing-children-home-during-covid-19>

If the family wishes, the Autism Certification Center is offering one of their paid training sessions for free. It teaches families several practical, evidence-based strategies to use with their kids. Here is their link.

<https://autismcertificationcenter.org/>

If you are or know of a family that is overwhelmed, you can call or encourage the parent to call the **Talk It Out line**. It is a support line that was created by the Department of Children and Families, in collaboration with the United Way and community providers. Mobile Crisis clinicians are part of the community providers answering the calls. The provider can both listen and support the caregiver if they need to vent, as well as connect them with any community resources they may need, be it mental health services, food, shelter, etc.

Caregivers can reach the Talk It Out line by calling **833-258-5011**. They can also access it by visiting www.talkitoutct.com. Providers are available Monday through Friday from 8am to 8pm, and weekends from 1pm to 8pm. They have both English and Spanish speaking providers.

The Greenwich Police Department's, Special Victims Section is available to answer questions regarding juvenile related matters. The Detectives can be reached via the Section's main line at 203-622-8030.

