



Resources to support you and your family during COVID-19

Please know that SafeSpot continues to be here as a resource for you and our community during this time of stress and uncertainty. For updated information about our daily operations amidst the pandemic, please visit our [website](#). We understand that many families may find themselves struggling to adjust to this new way of living. Please see below for links to community resources and tips on talking with children about the virus. Stay stay and healthy!

- **Virginia Department of Health** has a [public helpline](#) for questions about COVID-19: 1-877-275-8343. Community resource specialists are available to answer questions to the public in English and Spanish.
- **Fairfax County Public Schools:**
 - [FCPS Meal Sites for Children & Families](#) (Map)
 - [FCPS Wellness Check Ins for Youth and Parents](#)
- **Financial Assistance:**
 - Fairfax County [Human Services Resource Guide](#)
 - NVFS Emergency Assistance Program: [English](#) & [Spanish](#)
- **Utilities:**
 - [Dominion Energy](#) has suspended all service disconnections for nonpayment. They are reconnecting customers whose services were shut off.
 - [Washington Gas](#) has suspended all service disconnections and are waiving late fees on customer bills. These actions are already in place and do not need to be requested.
 - [Click here](#) for a list of internet access resources (NVFS).
- **Food Assistance:**
 - [Capital Area Food Bank](#) searchable map
 - [Food for Others](#) food bank.
 - [Click here](#) for a list of Stores with Dedicated Shopping Hours for the Most Vulnerable (NVFS).
 - Please contact your family advocate for additional food referrals.
- **Emotional Support & Safety:**
 - Talk to someone
 - [Parenting Help](#) (1-800-CHILDREN) - Trained parenting specialists give guidance on issues ranging from how to understand each stage of a child's development to how to reduce parental stress, strengthen the parent-child bond, access helpful community resources
 - [Crisis Text Line](#) - Feeling overwhelmed? Text **HOME** to 741741 to speak with a trained crisis counselor.
 - [SAMHSA Disaster Distress Helpline](#) - 24/7 free, confidential

support to those experiencing emotional distress due to the outbreak. Call 1-800-985-5990 or text **TalkWithUs** or **Hablanos** to 66746 to connect with a trained crisis counselor.

- [The Trevor Project](#) - 24/7 free, confidential crisis intervention and support for LGBTQ+ youth. Call 1-866-488-7386 or text 678678.
- [National Domestic Violence Hotline](#) - 24/7 free, confidential support for anyone affected by domestic violence, available in all language. Call 800-799-7233, text **LOVEIS** to 22522, or chat online with a trained advocate.
- [Domestic & Sexual Violence Services](#) of Fairfax County - If you or someone you know is experiencing abuse, call the 24/7 hotline at **703-360-7273** for crisis support, information & referrals, and safety planning.
- [Mental Health & Coping during COVID-19](#) (CDC)

If you or someone in your family is in crisis, call the Fairfax-Falls Church Community Services Board: 703-573-5679

- **Talking with Youth about COVID-19:**
 - Parent/Caregiver Guide to Helping Families Cope with the Coronavirus Disease 2019: [English](#) & [Spanish](#)
 - [Talking to Teens & Tweens about Coronavirus](#) - New York Times
 - [Supporting Children during Coronavirus](#) - NCTSN
 - [Simple Activities for Children & Adolescents](#) - NCTSN
- **How to Protect Yourself from Scams:** [Legal Services of Northern Virginia](#)
- **Resources for Immigrant Families:** [English & Spanish](#)
- **Slow the Spread:** wash your hands, especially after touching any frequently used items or surfaces. Avoid touching your face. Sneeze or cough into a tissue or the inside your elbow. Disinfect frequently used items and surfaces as much as possible. ([CDC](#))

"The only way to survive is through taking care of one another." - Grace Lee Boggs

Sincerely,

Tyler Lunsford

pronouns: she/her/hers

Family Advocate

SafeSpot CAC

www.safespotfairfax.org/

703-385-5437

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