Support Recommendations from Lowell Public Schools Special Education Department

Schools are currently closed from 3/16/20 - 4/6/20

https://www.lowell.k12.ma.us/Page/132

Please note: While the Special Education Department has gathered these resources, in some cases they may not be curriculum based. We do, however, hope they are helpful to our families!
See also the LPS “Learning at Home” page for information on accessing online student learning accounts and weekly resources, as well as suggestions for learning supports in all subject areas!

*It’s important to note that all activities in this slideshow and on the LPS page are considered enrichment activities and are NOT required assignments. These are resources to support you as you continue to engage students in learning from home.
Table of Contents

- Supporting Learning Differences
- Resources for Students with Autism
- Social-Emotional Supports
- Related Services (OT, PT, Speech, Vision)
- Local Food Resources
- Other Resources for Families
  - Internet access
  - Emergency services
  - Mental Health services
Supporting Learning Differences
Supporting ALL Learners

- **Understood.org** is a great educational resource website for students who learn differently

- **15 Great Websites** for parents to better understand and support their children with disabilities
Online Resources for Learning at Home
Many of our PK & elementary substantially separate populations regularly utilize these websites at school!

## Keep Learning at Home
Free Online Resources

<table>
<thead>
<tr>
<th>PBS Kids</th>
<th>PBSKids.org</th>
<th>Play Prodigy Game</th>
<th>Play.prodigygame.com</th>
</tr>
</thead>
<tbody>
<tr>
<td>Starfall</td>
<td><a href="http://www.starfall.com">www.starfall.com</a></td>
<td>Khan Academy</td>
<td><a href="http://www.khanacademy.org">www.khanacademy.org</a></td>
</tr>
<tr>
<td>kids.nationalgeographic.com</td>
<td>kids.nationalgeographic.com</td>
<td>Typing Club</td>
<td><a href="http://www.typingclub.com">www.typingclub.com</a></td>
</tr>
<tr>
<td>ABCmouse.com/redeem</td>
<td>ABCmouse.com/redeem</td>
<td>Squiggle Park</td>
<td><a href="http://www.squigglepark.com">www.squigglepark.com</a></td>
</tr>
<tr>
<td>Scholastic</td>
<td>Scholastic.com/learnathome</td>
<td>Mystery Doug</td>
<td>mysterydoug.com</td>
</tr>
</tbody>
</table>
Dyslexia Resources

https://dyslexiaresource.org/
Storyline Online - Books Read Aloud

A FREE LITERACY PROGRAM WHERE ACTORS READ TO CHILDREN

STORYLINEONLINE.NET
Nightly Facebook Live Book Readings by Authors

Visit the TESPA Facebook page to access
Reading Ideas for home:

● Set a schedule to read each day
  ○ Share a story by reading together
  ○ Read to a struggling reader
  ○ Everyone reads their own book
  ○ Talk about the books you are reading
  ○ Act out favorite parts of the story

● Create sight word flashcards to practice fluency

● Play rhyming games
  ○ What rhymes with mat?

● Alphabet Safari - look around the house for letters and words

● Get outside and use chalk to identify letters, sounds, words, etc.

● Flashlight reading
  ○ lights out reading with a flashlight
Math Ideas for home:

- Cooking together:
  - Double or halve a recipe is using fractions, practicing with measuring, numbers, weights, sizes, etc.
- Playing board and card games like Monopoly or Uno
- Use playing cards
- Use menus to purchase and add tax and tip
- Build a puzzle
- Use adverts and catalogs to window shop given a budget
- Create math facts flashcards and practice fluency
- Use household items to practice counting, patterning, sorting, etc.
  - Legos, cereal, M&Ms, beads, socks, etc.
- Shape or numbers hunt throughout the house or neighborhood on a walk
- Dice games
  - Roll 2 & compare numbers, roll 2 & add, subtract, count total, etc.
Resources for Students with Autism

(see also “Social-Emotional Supports” & “Related Service” sections later in this slideshow)
Online Resources for Students with Autism

- Autism Research Institute Webinar for parents - *Home all day – basic supports and strategies to get us through and keep us sane*

- An example of Positive Behavior Support at home ([video](#))

- [How to ABA](#) offers a list of websites, apps, printable resources, videos, etc.

- [The Autism Society of North Carolina](#) shares various ideas to support students at home

- UNC’s Child Development Autism Team has put together this [great resource](#) amid the crisis which includes a large variety of supports from understanding COVID-19 to activities, handouts, and videos! *Don’t miss this!*
Printable Resources for Students with Autism

- Coronavirus Social Story - simple
- Coronavirus Social Story - complex
- Social Distancing Social Story from Easterseals
- Scroll down to the bottom of the homepage of Autism Society Florida for printable visual supports targeted for COVID-19!
- School Closure Toolkit from Easterseals
  - Includes activities, schedules, first-then board, token board, and more!
First - Then Strategy

**First Then Board** is a visual strategy used to help children with receptive language and/or behavior needs complete specific tasks. This strategy displays two pictures or written words. The "**first**" is usually a picture of a non-preferred activity and the "**then**" is a picture of a preferred activity. If you cannot print this or think your child does not need a visual even the language of First / Then can be very successful. Examples are "**First** clean your toys, **then** we can go outside" and "**First** eat your vegetables, **then** you can have dessert."

Here is more information about first/then boards and how to use first/then language:

[https://theautismhelper.com/first-actually-works/](https://theautismhelper.com/first-actually-works/)
Social-Emotional Supports
(see also “Mental Health Resources” later in this slideshow)
Social-Emotional Supports

- Supporting Emotions and Behavior Dysregulation at home (article)
  - How to create and keep schedules and routines, offer choices, provide prompting, ignoring behaviors, etc.

- 7 Ways to Help Students Cope with Coronavirus Anxiety

- The Mind Yeti will help you practice mindfulness! (Mind Yeti - Spanish)

- The Imagine Neighborhood
  - A podcast to practice social-emotional skills
Coping Strategies

● Counting to 10

● Take 3 deep breaths
  ○ "Smell a flower (deep breath in) and blow out the candles (deep breath out)"

● Take a break
  ○ Designate a "break area" in the house for them to relax and calm down. This should be different than a "time out" or punishment space.

● Draw a picture

● Share your feelings

● Squeeze a ball
Related Services
OT, PT, Speech, Vision
Almost all types of arts and crafts type activities, as well as playtime with small and/or resistive manipulatives, will work to strengthen the intrinsic muscles of the hand!

**Spray bottles**: clean chalk board, water plants, squirt ping pong ball off golf tees, spray colored water into snow, melt ice cubes with spray bottles in sensory table (you can freeze small plastic items such as bugs in ice cubes to make it more fun!)

**Rip Paper**: tear construction or newspaper into strips for paper mache projects, or small piece for mosaic or art project.

**Pinching tissue paper**: small square of tissue paper can be pinched and glued onto picture to make 3-D artwork.

**Crumble paper into balls**: using whole hand, make “snowball”, or crumple into ball to throw at a target or in trash can (start with 2 hands for crumpling, progress to using only 1 hand at a time to crumple)

**Tweezers / Tongs**: pick up and sort small items such as mini erasers or pompoms into ice trays.

**Clothespins**: use to pick up and transfer small objects such as pompoms or cotton balls; hang up items such as artwork or mittens along a clothesline weight string

**Coins/Buttons**: practice flipping coins or buttons over (without moving to edge of table); feed coins, poker chips or buttons into banks or slots

**Resistives**: theraputty, clay, playdoh: Hide small items such as beads and retrieve; roll into small balls (using finger tips ideally) then squish the “grapes” using thumb and index finger; encourage pinching, rolling, squeezing and pulling apart

**Animal walk races**: weight bearing on the hands is another great way to promote proximal stability and strengthen the hands. Crawl like a bear or a crab, squirm like a snake or jump like a frog.

**Wet, Dry, Try (letter writing practice)**: demonstrate correct letter formation with chalk for your child, child uses a wet sponge to trace, then a dry sponge to trace, and then tries writing it on their own

● Free typing practice websites
  ○ https://sense-lang.org/
  ○ https://www.bbc.co.uk/bitesize/topics/zf2f9j6/articles/z3c6tfr

● Free printables in all areas (fine motor, handwriting, scissor skills, and more!)
  ○ https://www.kidsmasterskills.com/
PT - Gross Motor Ideas for Home

**Wheelbarrow Walking**
- Hold child’s feet and have him/her walk on hands
- Back should be straight not sagging and elbows should not be bent
- More support can be provided by holding hips or knees

**Bridging**
- Child lies on back with knees bent and feet flat on floor
- Child lifts bottom from floor keeping tummy tight and flat
- Slowly lower bottom to floor and repeat
- Make a game of it by driving toy cars, rolling balls, or moving stuffed animals under the “bridge”

**Magic Bicycle**
- Child lies on back, lifts both legs and moves legs in a bicycle motion as they “ride” their “magic” bicycle to whatever destination they choose
- Have them ride slowly i.e. going down a hill, quickly to “pedal” up a hill, put on the brakes unexpectedly etc.
PT - Gross Motor Ideas for Home cont.

Wall Push-Ups
- Have child stand approximately 5 inches from the wall
- Place hands on wall so body is at an angle
- Have child “push” the wall to make the room “bigger”

Row, Row, Row Your Boat
- Have child hold a hoola hoop on one side while you hold the other side
- Alternate rowing by leaning forward and back
- Have the child work to pull him/herself back to a sitting position once reclined
- For added challenge move the hoop unexpectedly side to side
- This activity can be done in sitting, standing, high or half kneeling

Superman
- Child lies on stomach and lifts arms, legs and head from floor with back arched
- Sing a favorite song, count etc. to encourage child to hold this position
- If child is unable to lift arms and legs together first practice just arms, just legs and progress to both as tolerated
PT - Gross Motor Ideas for Home cont.

Step-ups
- Place a puzzle board on one side of a step stool and pieces on the other side
- Child retrieves one piece, steps up and down to place in the board, repeat until puzzle is complete
- Look for hip, knee and foot to be aligned as ascending and descending, provide support as needed.

Obstacle courses

Simon Says

Follow the Leader

Any outdoor game that gets you moving (tag, duck duck goose, hide and seek, etc.)! Remember to play with just your family members!
Speech - Supporting Communication Needs

- **Great ideas for supporting speech sounds, language skills, and more**
  - from Natalie Snyders, an SLP from Illinois

- **Supporting Social Emotional Language Skills**

- **General Resources for Speech and Language Needs**

- **Create games, visual supports to under COVID-10, schedules, etc.**
  - 30 days free
Speech - Supporting Communication Needs cont.

- Supporting AAC use during the school closure

- Speech and language resources in all areas
  - answering questions, following directions, categorization, articulation, sequencing, reading comprehension, phonemic awareness, play, social skills, AAC, and games

- Building Vocabulary at Home
Helping your child to share news (tell the whole story)...

- **WHEN?** On...Today...Yesterday...This weekend...Last night...This morning...
- **WHO?** My family and I...My friend and I...My sister and I...My teacher and I...
- **WHERE?** Went to...Drove to...Visited...Walked to...Hiked...
- **DID WHAT?** And...
- Then put it all together in a sentence!
Tips for Parents

Reading to the child helps with receptive language. Ask what, when, and where questions about the story.

Read a story and ask the child to draw a picture of the story.

Draw a picture and have the child tell a story about the picture.

Always have the child repeat directions back to you.

Explain words and phrases that have hidden meanings (idioms, puns, metaphors).

Paraphrase using simple language.

Encourage letter writing to friends and relatives. Let them use decorative paper or even let them type it on the computer.

Have your child read an article in the newspaper and summarize what it was mostly about.

Play problem-solving games such as Guess Who? or Clue

Play word games such as Scrabble or Boggle.

Encourage your child to always try their very best no matter what the outcome may be!
Speech - Supporting Communication Needs cont.

Practice Your Language Skills!

- READ to your child everyday – have him label pictures, actions, and events
- Ask questions and encourage correct responses
- Give your child an opportunity to speak by letting him request his wants and needs before you give him things
- Encourage appropriate play with a variety of toys
- Teach him basic concepts with real life examples (big/small, square/round, inside/outside, etc)
- Model correct speech and language
- Describe what you are doing, feeling, hearing
- Talk about new situations before you go, while you are there, and again when you are home
- Always be encouraging and listen to what your child has to say!
Practice Your Articulation Skills!

- While in the car, find as many things as you can that have your speech sound in it.
- Practice a tongue twister that begins with your speech sound.
- List words that have your speech sound in them for every letter of the alphabet.
- Practice your good speech in the mirror while brushing your teeth at night.
- Play “I Spy” only with words that contain your speech sound.
- Draw a picture with objects that contain your speech sound using paper or electronics.
- Make up silly rhymes that have your sound at the end of the words (i.e. flower/power).
- While at a red light, say your sound as many times as you can before it turns green.
- Read a book aloud and find all the words with your sound in them.
- Practice saying the Pledge of Allegiance or singing your favorite song using your good speech.
Supports for Vision Challenges

● **Paths to Literacy** is a website to support students who are blind or visually impaired (*sponsored by Perkins Schools for the Blind and Texas School for the Blind and Visually Impaired*)
  ○ Check out this specific resource on the page for a hotline that will help parents/guardians and students with accessing websites and school work
Food Resources
Food Resources @ LPS
# Food Resources in Lowell - Pantries

(project bread food source hotline 1.800.645.8333)

<table>
<thead>
<tr>
<th>Pantries</th>
<th>Phone</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Billerica Community Food Pantry</td>
<td>978-454-7445</td>
<td>2 - 6</td>
<td>2nd &amp; 4th of Mo.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Central Food Ministry</td>
<td>70 Concord Rd., Billerica, MA</td>
<td>10 - 1</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cheymsford Community Exchange</td>
<td>978-250-3818</td>
<td>5 - 8</td>
<td></td>
<td>2 - 4</td>
<td></td>
<td>6:30 - 8</td>
<td>Dec - April</td>
<td>Noon - 1:30</td>
</tr>
<tr>
<td>50 Rear Billerica Road, Cheymsford</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Christ Church United</td>
<td>Call Ahead</td>
<td>Emergency Pantry</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 Bartlett St., Lowell, MA</td>
<td>978-590-4812</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Noon - 1</td>
</tr>
<tr>
<td>Christ Jubilee Food Pantry</td>
<td>Call Ahead</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>101 Smith Street, Lowell, MA</td>
<td>978-452-9976</td>
<td>Noon - 1</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Community Christian Fellowship</td>
<td>Call Ahead</td>
<td>10 - 1:30</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>105 Princeton Blvd., Lowell, MA 01851</td>
<td>978-934-9414 X117</td>
<td>1st Weds of Mo.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dracut Food Pantry</td>
<td>978-957-8600</td>
<td>9 - 12</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1903 Lakeview Avenue, Dracut, MA 01826</td>
<td></td>
<td>4th Sat. of Mo.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dwelling House of Hope</td>
<td>1-866-674-9988</td>
<td>10 - 12</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hope Dove</td>
<td>978-770-3406</td>
<td>10 - 1</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>9:30 - 12:30</td>
</tr>
<tr>
<td>117 Perry St., Lowell, MA</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lowell Public Schools Pantry - Rogers School</td>
<td>Selected</td>
<td>Selected Dates</td>
<td>2:30-3:30PM</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>43 Highland Street, Lowell, MA 01852</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Merrimack Valley Catholic Charities</td>
<td>978-454-9946</td>
<td>1 - 3:30</td>
<td></td>
<td>1 - 3:30</td>
<td>1 - 3:30</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>70 Lawrence Street, Lowell, MA</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Open Pantry Greater Lowell</td>
<td>978-453-6693</td>
<td>9 - 12</td>
<td></td>
<td>9 - 12</td>
<td>9 - 12</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>13 Hurst Street, Lowell</td>
<td></td>
<td>9 - 12</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Salvation Army</td>
<td>978-458-3336</td>
<td>9 - 11</td>
<td></td>
<td>9 - 11</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>150 Appleton Street, Lowell, MA</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tewksbury Community Food Pantry</td>
<td>978-858-2273</td>
<td>Call for Hours</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>999 Whipple Road, Tewksbury, MA</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Westford Food Pantry</td>
<td>978-692-5523</td>
<td>Call or check Web</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>20 Pleasant Street, Westford, MA</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
# Food Resources in Lowell - Meal Programs

(project bread food source hotline 1.800.645.8333)

<table>
<thead>
<tr>
<th>Meals Programs</th>
<th>Phone</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Christ Church United</td>
<td>978-459-9631</td>
<td></td>
<td></td>
<td></td>
<td>10 - 1</td>
<td></td>
<td></td>
<td>approx. 11:30 - 12:30</td>
</tr>
<tr>
<td>1 Bartlett St., Lowell, MA</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>after church service</td>
</tr>
<tr>
<td>Life Connection Center</td>
<td>978-677-7401</td>
<td>12 - 2</td>
<td>12 - 2</td>
<td>12 - 2</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>192 Appleton St., Lowell, MA</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Living Waters</td>
<td>978-323-4673</td>
<td>9 - 1:30</td>
<td></td>
<td>9 - 1:30</td>
<td>9 - 1:30</td>
<td>9 - 1:30</td>
<td>9 - 12</td>
<td></td>
</tr>
<tr>
<td>10 Kirk St., Lowell, MA</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lowell Senior Center</td>
<td>978-970-4131</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>276 Broadway Street, Lowell MA</td>
<td></td>
<td>OPEN FOR BREAKFAST &amp; LUNCH MONDAY THROUGH FRIDAY 6 am - 4 pm AND ON SATURDAY AND SUNDAY 7 am - NOON</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>St. Paul's Kitchen</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>273 Summer Street, Lowell, MA</td>
<td>978-458-3396</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Salvation Army Comm. Table</td>
<td></td>
<td>OPEN FOR DINNER MONDAY THROUGH FRIDAY 5 pm - 6 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>150 Appleton Street, Lowell, MA</td>
<td></td>
<td>TUESDAYS AND THURSDAYS FOR BREAKFAST 8:30 am - 10 am AND LUNCH AT 11:30 FOR 55 AND OLDER $2 DONATION</td>
<td>LUNCH 1 - 2 all ages</td>
<td>DINNER at 4:30 all ages no donation</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Table of Plenty @ Chelmsford Sr Ctr</td>
<td>978-710-8328</td>
<td>Dinner 5 - 6</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>75 Groton Rd, Chelmsford</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Additional Food Resources in and around Lowell

- Chowder Factory offering support, call 978.674.8353
- Boys and Girls Club of Greater Lowell offering “Grab & Go Dinner Service” daily from 4-5pm
Internet Access

- Spectrum - call 1.844.488.8395 for free access during the shutdown
  - begins 3/16

- Comcast Internet Essentials - offering 2 free months if you meet criteria
  - Additional support from Comcast, including: hotspots for all, pausing data plans, no late fees, etc.
Mental Health Resources

**NFI:** Please contact the NFI Family Resource Center at 978-455-0701, ext 211 to speak to clinician Greg, about counseling options during the state of emergency; including phone intakes, telehealth and virtual sessions.

**Crisis Text Line:** Text 741-741 to be connected to a trained crisis counselor for free support.

**Online AA meetings list:**
https://docs.google.com/document/d/1a71ccw7ihaWelksKwOp4AzAkYlVqSoKiN6Gsm38bKMU/edit?usp=sharing&fbclid=IwAR2-sxo5jc9Cf_3fNu_rMfaRuUimAzoTgPx4wzzluudWlq-rjJU4rydYMXc
Mental Health Resource cont.

7 Cups: Free 24/7 Chat. Be heard by volunteer listeners and chat with others who understand in support chat rooms. https://www.7cups.com/

National Suicide Prevention Hotline: 1-800-273-8255

Lowell Mental Health Crisis Team: 800-830-5177

Headspace: Mental Health meditation tool
https://www.headspace.com/headspace-meditation-app
Please stay safe during this uncertain time. We are thinking of you!