



**Statewide Family Support Network Outreach and Awareness Program
NE Tennessee COVID 19 Resources and Information
April 1, 2020**

Each day there are a multitude of resources and links shared on social media and through various organizations. We will make every attempt to pull together the most relevant and share them so you do not need to search. Each day we will circulate some of the best resources. We hope this will help you as you and your family deal with this new era of sheltering, home schools, and health crisis.

Community News and Information

Tennessee Health Department Regional: Call Centers have been established across the state of Tennessee to answer your questions about COVID-19. The TDH Public Information Lines are open until 10 p.m. daily. The hours of operation for metro and regional health departments vary. [#COVID19](#). For NE TN call: 423-979-4689 and Sullivan County: 423-279-2777.

Roan Mountain State Park: To flatten the curve of COVID-19 while continuing to serve Tennesseans, Roan Mountain State Park announces a series of operational changes effective March 26. Learn more <https://tnstateparks.com/about/keeping-visitors-healthy>

Education Resources and Information

LaVar Burton has been focused on putting together a live stream version of his podcast, "LeVar Burton Reads," to help ease the anxiety of those confined by shelter-in-place orders (and to give parents of young children a much-needed break.)

<http://www.levarburtonpodcast.com/>

Free games for kids to keep them learning while having fun

<https://www.funbrain.com/>

Mental Health Resources and Information

Yale's Massively Popular 'Happiness' Course Is Available Free Online

In an effort to help the public find joy in the midst of the Coronavirus pandemic, Yale is making one of their most popular classes available for free online.

https://www.coursera.org/learn/the-science-of-well-being?ranMID=40328&ranEAID=je6NUbpObpQ&ranSiteID=je6NUbpObpQ-z0NLPrDDqQjsWmPiivMtVQ&siteID=je6NUbpObpQ-z0NLPrDDqQjsWmPiivMtVQ&utm_content=10&utm_medium=partners&utm_source=linkshare&utm_campaign=je6NUbpObpQ

Psychology Today: How Parents Can Help Their Children During the Pandemic

<https://www.psychologytoday.com/us/blog/beyond-freud/202003/how-parents-can-help-their-children-during-the-pandemic>

Healthcare Resources and Information

COVID-19 and the new coronavirus: Fact versus fiction

Social media is awash with myths about how people might stop the new coronavirus or treat infection with COVID-19, the disease it causes. Here are some facts to address the fiction: Marzio Toniolo/via REUTERS

<https://www.msn.com/en-us/health/medical/covid-19-and-the-new-coronavirus-fact-versus-fiction/ss-BB11keEw?ocid=spartandhp#image=2>

Do you have something to share? Have a question? Looking for help? Contact us at: 423-957-2140. (Phone or text) or email: cwells@tnvoices.org