

# Coronavirus CALM

## Making a Family Plan



Making a Family Plan will help you feel organized and prepared. That means you'll worry less and calm feelings will spread through your whole family! Talk with the people who need to be included in your plan (family, friends, neighbors, or other support people.) As you plan-- think about how you will support older family members or family with underlying chronic medical conditions. Need ideas? Try our new ONLINE Family Care Folder. <https://www.rccmhc.org/all-in-one-place>



### Food and Supplies

Do you have food, personal care products, diapers, medicine & cleaning supplies? Can you get deliveries?



### Support Network

Do you have an updated contact list? Do people regularly check in on your family? How are you staying connected?



### Health

How are you staying healthy (sleep/eat/exercise)? Do you need face masks? Can you separate sick & healthy family members?



### Mental Health & Wellbeing

Does your family feel safe? How do you use rituals, routines, or positive attention? How do you calm down? Is there a mental health crisis plan?



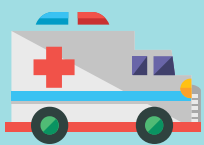
### Money and Job

Do you understand your job's sick leave policies etc? Do you need unemployment? Do you have a list of community resources?



### School

Do you understand your school's plan for continued education and student meal programs? Do you need internet or ipads?



### Emergency

Who would your child stay with if you were hospitalized or too sick? Are your family medical forms up to date?



### Information

Are you getting your COVID-19 news from reliable sources? Can you take frequent breaks to avoid information overload?



Ramsey County Children's Mental Health Collaborative (RCCMHC)  
Text the word FAMILY to 56525 for resources and support

Ramsey County Urgent Care for Adult Mental Health 651-266-7900  
Ramsey County Children's Crisis Response Team 651-266-7878



# Our Family Plan

Family Name



Food and Supplies



Support Network



Health



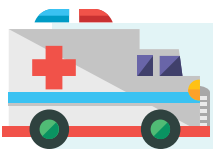
Mental Health & Wellbeing



Money and Job



School



Emergency



Information