



E-Communiqué



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March 27, 2020

Many of our businesses are closed, but Nevadan's hearts are open. During this health crisis Nevada PEP E-newsletters will look different, PEP will be focusing on information to help families in this crisis. The situation is changing very quickly, we will do our best to keep the information current and relevant. We are here for you and we will get through this together.

Clark County Children's Mental Health Consortium 2020 Youth Photography Contest *Submission Deadline Extended

SUBMIT YOUR PHOTO ENTRY BY *MARCH 30, 2020 FOR A CHANCE TO WIN! The Clark County Children's Mental Health Consortium wants to see your photographs about the people, places, or things that help you feel connected! A brief statement that explains how the image relates to your feelings of connectedness, being supported, and/or positive mental health must accompany all entries and will be displayed with submitted photographs. [Submit Your Entry Here](#)

Social Security and Coronavirus

In this time of uncertainty families may have concerns about their Social Security benefits. Families may be wondering if they will be receiving their Social Security checks. Visit [Social Security and Coronavirus](#) for information about receiving your monthly benefit amount and how to access more information.

Foods Banks in Nevada

Families who need assistance with food can get help. Southern Nevada [Three Square Food Bank](#) and [Food Bank of Northern Nevada](#) have created food distribution strategies in response to COVID-19. Visit Three Square of Southern Nevada and Food Bank of Northern Nevada for more information.

Talking to your kids about Coronavirus

This is a scary time for children, but children who learn and think differently may have some challenges, they may be confused or have many questions. For more information about how to address these challenges visit [How to talk about Coronavirus with kids](#). This article may help families reduce any anxiety that your child may be feeling.

Unemployment Benefits

Many Nevadans are out of work due to Coronavirus crisis go to [Unemployment for Nevadans](#) to learn how to apply on-line for Unemployment benefits and visit the FAQ section with some helpful information.

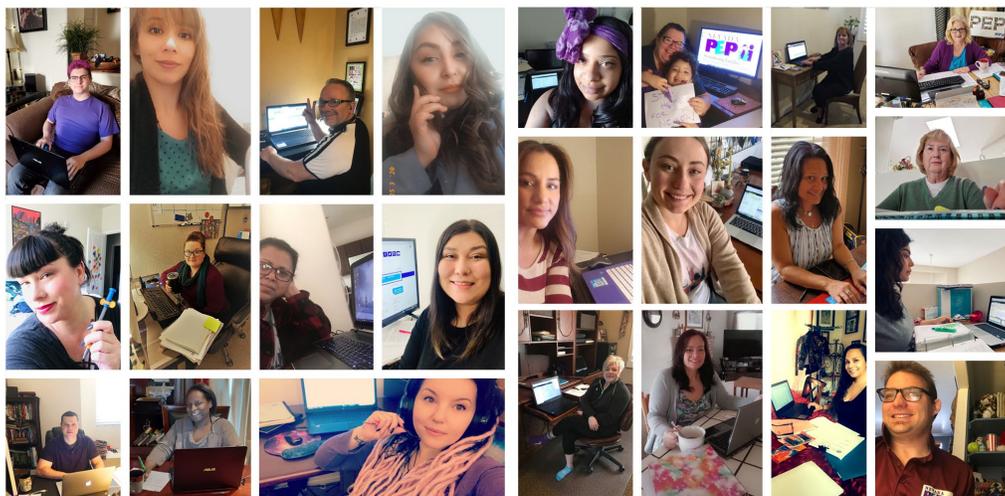
Mental Health and Education

Many families are educating their children at home due to Covid-19. This may be especially difficult for families with children that have mental and behavioral healthcare needs. The National Federation of Families has created a [Facebook page](#) that offers resources for everything from help for parents with homeschooling to virtual tours of national museums and zoos. It even discusses tips on how to work from home coloring pages, videos, operas and more.

Tax Deadline Extended

The Treasury Department and the Internal Revenue Service are providing special tax filing and payment relief to individuals and businesses in response to the COVID-19 Outbreak. The filing deadline for tax returns has been extended from April 15 to July 15, 2020. If you are owed a refund the IRS suggest that you file as soon as possible. For more updated information visit [Filing and Payment Deadline Extended to July 15, 2020](#).

PEP PRIDE DAY - Supporting Stay Home For Nevada



PEP Webinars

Take a short break and get the information you need without leaving the indoor warmth of your home or work. Click the links below to get a description and register for these amazing webinars.

- Presented by Nevada PEP

[Help Your Child Focus on Learning](#)

Tuesday, 7 April 2020, 2:00pm - 3:00pm

[Six Advocacy Tips that Turn No's into Yes's!](#)

Wednesday, 8 April 2020, 2:00pm - 3:00pm

Neil Diamond's coronavirus-era remake of 'Sweet Caroline' is what we need right now

Neil Diamond is singing one of his most famous songs. He is lightening the mood by rewording his rendition of Sweet Caroline. He says "I think maybe if we sing together, well, we'll just feel a little bit better." Listen and sing along with Neil Diamond, [remake of Sweet Caroline](#). It will really make you feel better.

MoodTools - Depression Aid App

MoodTools aims to support people with clinical depression by aiding the path to recovery. Discover helpful videos that can improve your mood and behavior, log and analyze your thoughts using Cognitive Behavioral Therapy (CBT) principles, develop a suicide safety plan and more with this free app.

-Happy Apping



MoodTools - Depression Aid App, By: Depression Help, Eddie Liu

MoodPanda App

Track your mood & get anonymous support from a community of 100k+ lovely people. Update your mood as often as you wish and add a note giving a reason. Our community of 100k+ lovely people gets constant praise for its supportive environment. Share your problems and make new friends.

-Happy Apping



MoodPanda App, By: Mood diary and support network

WHAT'S NEW IN SCHOOL?



U.S. Department of Education Guidance on Serving Children with Disabilities

U.S. Department of Education has released new information that urges states to continue to educate students with disabilities during the COVID-19 national emergency and school closures. This [supplemental fact sheet](#) stated that federal law should not be used to prevent schools from offering distance learning opportunities to all students, including students with disabilities. As schools reopen, families will want to be aware of this guidance and work with the school to ensure that their child receives the services necessary to participate in the general education curriculum and make progress on their IEP goals.

Transition Corner



Teenagers dealing with the Coronavirus

Teenagers lives have changed drastically in the last few weeks, especially teenagers in High School. In this article [How teenagers can protect their Mental Health during COVID-19](#) offers six strategies that can help teenagers with feeling anxious, isolated and disappointment. This article offers good advice on how to practice self-care.

Military-Connected Children News

During the Coronavirus crisis our Military families can get up to date information on how to get home delivery medications under TRICARE, and tips on coping skills for Military families, along with many other resources visit [Information for our Military Community](#) for valuable information.

Youth M.O.V.E. Nevada Update

Youth MOVE Nevada hopes everyone is staying safe and taking care of their mental health needs as we all cope with the Coronavirus pandemic. Here are some resources to help support and connect youth to better navigate these difficult times. To read an informative article on the coronavirus and its influence on stress go to: www.cdc.gov/coronavirus. If you're in Rural Nevada and need meal assistance, there are [local food pantries providing curb-side meals to families](#). Stay connected with Youth M.O.V.E. Nevada from home by checking out our website at www.nvpep.org/youth-move and getting access to more resources on Facebook: facebook.com/youthmovenv, Twitter: [@YouthMOVEnv](https://twitter.com/YouthMOVEnv), and Instagram: [@YouthMOVEnv](https://www.instagram.com/YouthMOVEnv).

Statewide Family News

With schools closed and events canceled, Nevada families of children with mental health needs are finding new ways to engage their children and to connect. While many are doing low-tech activities in the home, going for walks in their communities, and trying to manage ongoing schoolwork, parents will need to have multiple strategies for engaging their children at home. One strategy is the virtual fieldtrip. [Virtual School Activities](#) can take your child everywhere from [Buckingham Palace](#) to the [Great Wall of China](#), and even the [Houston Zoo](#). The best part – your family can enjoy these field trips from the safe distance of your home, whether you're in Northern, Rural, or Southern Nevada.

National Institute of Mental Health

Outreach Partner



NIMH Information Available Here: Nevada PEP www.nvpep.org

For more information about NIMH including mental health research and resources, go to:

www.nimh.nih.gov



March 30 is World Bipolar Day

Bipolar disorder is a mood disorder that typically has its onset in the late teens to early twenties. While bipolar disorder is far less common than depression in adolescents, it can be extremely impairing and is associated with a high risk of suicide. Use the resources below to join NIMH in raising awareness about the signs and symptoms of bipolar disorder in teenagers and young adults, and the importance of early intervention and treatment. For World Bipolar Day, find additional [statistics](#) and [information about bipolar disorder](#) to share with people in your community. You can also download and share social media graphics and messages from the [Children & Adolescent Mental Health Education and Awareness](#) page.

Infographic: Bipolar Disorder in Teens and Young Adults: Know the Signs

Bipolar disorder is a serious mental disorder that causes unusual shifts in mood, marked by episodes of mania and depression. Know the signs and symptoms of bipolar disorder in teens and young adults: <https://go.usa.gov/xdezM> Use #shareNIMH

Bipolar Disorder in Children and Teens Brochure

This brochure provides information for parents about bipolar disorder (also known as manic-depressive illness) in children and teenagers. It addresses signs and symptoms, treatment options, and how parents can help their child with this disorder. Learn more at <https://go.usa.gov/xyxvw> Use #shareNIMH

Bipolar Disorder brochure now available in Spanish

Share information about bipolar disorder with your community [en español](#).

El trastorno bipolar es un trastorno mental que puede ser crónico o episódico (lo que significa que ocurre ocasionalmente y a intervalos irregulares). Puede ocasionar cambios inusuales, a menudo extremos y fluctuantes en el estado de ánimo, el nivel de energía y de actividad, y la concentración. Aprende más: <https://go.usa.gov/xdtZj> #shareNIMH



Smith's Inspiring Donations

Helping Nevada PEP is easy!

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Watch a step by step "How to" video [Here . . .](#)



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