

***\*Most Highlands County parents agree they can be a better parent when they have support\****

**Parenting,  
Staying at Home,  
Distance  
Learning,  
Teleworking  
Oh my!**

**Keep Calm &  
Carry On**

**Highlands COVID-19 Hotline 863-402-6800 8a-5p daily  
Text Updates: HCCOVID to 888777**



School Board of Highlands Co: <https://www2.highlands.k12.fl.us/> or contact child's school to access academic or social emotional support



Kid Meals Distribution: <https://www2.highlands.k12.fl.us/>



Employment Assistance: <http://careersourceheartland.com/>

Call: 863-385-3672



Resource Assistance: <https://www.championforchildren.org/>

Call: 863-382-2905



Mobile Response Team 24/7 phone or on-site crisis counseling services and general counseling available at: (863) 519-3744 or (800) 627-5906,



Aunt Bertha The Social Care Network: <https://heartland.auntbertha.com/>



Parenting during Coronavirus – daily live resources: <https://childmind.org/>



Community Resource Information and Referrals Dial: 2-1-1 or (888) 370-7188  
Text: Your zip code to 898-211, or live Chat at: <https://uwcf.org/about-2-1-1/>



COVID Testing/Questions: Highlands Department of Health: <http://highlands.floridahealth.gov/>  
Call: 863-386-6040 M-F, 8am-12pm and 1pm-5pm

Updated 5/13/20