



FAMILIES TACKLING TOUGH TIMES TOGETHER



We Take Action! Mobilizing Social & Economic Resources

Looking for help is an important part of family resilience. Family members can be lifelines for resilience and assistance during challenging times. Seeking help can sometimes mean asking for help from extended family, friends, neighbors, and community resources. When families are open and generous in supporting others during a crisis, that support can be returned when it is needed. To help us get through a crisis we can seek information from friends and neighbors as well as more formal supports from therapists, pastors, food pantries, etc.

Seeking Financial Support

[When Your Income Drops](#) is a set of nine fact sheets that provides information and resources to assist individuals in beginning to regain control of their financial lives. Topics include Don't Panic-Take Control; Take Stock of Family and Community Resources; Plan to Pay Creditors; and Keep a Roof Overhead, among others. To find COVID-19 resources for financial security, you may wish to visit [Financial Security for All](#).

Access to Food

All around the world, families are struggling with keeping food on the table because of the pandemic. Food insecurity and poor nutrition can lead to chronic illnesses that may cause us to be at increased risk for COVID-19. Research suggests that natural healthy eating during a chaotic or challenging time can have a positive effect on [stress and anxiety](#). Healthy food is fuel for the body, but also the brain. We may have a hard time affording food, or may be concerned that we might. There are [food assistance resources](#) available. The [Feeding America](#) network of food banks can help families connect to local food pantries and other assistance.

Self-Care for People of Color

Right now, access to mental health care for people of color is especially critical. Black people have been watching as a disproportionate number of their loved ones die from the coronavirus pandemic. They have also watched others, who look like themselves, violently killed or threatened for nothing more than being Black in public. Consider visiting [Black Mental Wellness](#) to access resources and evidence-based information about mental health and behavioral health topics. [Black Mental Health Alliance](#) provides information and resources and has a "Find a Therapist" locator. This locator can connect family members with a culturally-competent mental health professional.

To learn more about the science behind household food security, financial wellness, and racism-related stress, you may wish to read the below research:

- [Measurement of household food security in the USA and other industrialized countries](#)
- [Twelve key components of financial wellness](#)
- [A Multidimensional Conceptualization of Racism-Related Stress: Implications for the Well-Being of People of Color](#)