

Coronavirus Specific Resources:

Tips for adults about the COVID-19 crisis:

https://www.google.com/url?sa=t&source=web&rct=j&url=https://www.psychology.org.au/getmedia/38073179-4701-48bd-afd9-988c560ee2f9/20APS-IS-COVID-19-P1.pdf&ved=2ahUKEwjWuYXNsKboAhXyILcAHSv8BoEQFjAAegQIARAB&usq=AOvVaw3QT0H_qv8w7n7eyisctkRo

Tips for talking to students about the COVID-19 crisis:

<https://adaa.org/learn-from-us/from-the-experts/blog-posts/consumer/how-talk-your-anxious-child-or-teen-about>

Just for Kids: A Comic Exploring the New Coronavirus:

<https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus>

How to Save Your Kid From COVID-19 Anxiety:

<https://www.smerconish.com/news/2020/3/3/simple-ways-to-save-your-kid-from-covid-19>

Managing Children's Fear, Anxiety in the Era of COVID-19:

<https://newsdio.com/managing-childrens-fear-anxiety-in-the-era-of-covid-19/67506/>

Pandemic Panic? 5 Tips To Regain Your Calm:

<https://www.npr.org/sections/health-shots/2020/03/03/811656226/pandemic-panic-these-5-tips-can-help-you-regain-your-calm>

How to Manage Your Anxiety About Coronavirus:

<https://time.com/5791076/coronavirus-anxiety-cope/>

CDC Mental Health tips (Coronavirus Stress and Anxiety):

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>

Coronavirus Toolkit (Techniques and Information about COVID-19 Anxiety):

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

Coping with Coronavirus Anxiety (Tips):

<https://www.verywellmind.com/managing-coronavirus-anxiety-4798909>

Coronavirus Job Board:

<https://coronahub.co/jobs/>

Mental Health Apps (iOS/Android):

Headspace Meditation App (free 10-day beginner course) (iOS/Android):

<https://www.headspace.com/headspace-meditation-app>

Self-help Anxiety Management (iOS/Android):

https://play.google.com/store/apps/details?id=com.uwe.myoxygen&hl=en_US

<https://apps.apple.com/us/app/self-help-for-anxiety-management/id666767947>

Virtual Hope Box (Stress/Anxiety activities) (iOS/Android):

https://play.google.com/store/apps/details?id=com.t2.vhb&hl=en_US

<https://apps.apple.com/us/app/virtual-hope-box/id825099621>

PTSD Coach (Anxiety, Stress Monitoring and Activities) (iOS/Android):

https://play.google.com/store/apps/details?id=is.vertical.ptsdcoach&hl=en_US

<https://apps.apple.com/us/app/ptsd-coach/id430646302>

Omvana (General Guided Meditation) (iOS/Android):

<https://apps.apple.com/us/app/omvana-meditation-for-all/id595585396>

<https://play.google.com/store/apps/details?id=com.omvana.mixer>

5 Minute Journal (Gratitude App) (iOS/Android):

<https://www.intelligentchange.com/pages/five-minute-journal-app>

Aura.io (Guided Meditation) (iOS/Android):

<https://www.aurahealth.io/>

Stop, Breathe & Think (Relaxation) (iOS/Android):

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

notOK (Suicide Prevention App) (iOS/Android):

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

What's Up (Cognitive Behavioral activities) (iOS/Android):

<https://apps.apple.com/us/app/whats-up-a-mental-health-app/id968251160>

https://play.google.com/store/apps/details?id=com.jacksontemptra.apps.whatsup&hl=en_US

Mindshift CBT (Anxiety strategies using CBT) (iOS/Android):

<https://www.anxietycanada.com/resources/mindshift-cbt/>

Breathe2Relax (iOS/Android):

<https://apps.apple.com/us/app/breathe2relax/id425720246>

https://play.google.com/store/apps/details?id=org.t2health.breathe2relax&hl=en_US

Meditation Videos:

3 Minute Guided Meditation:

<https://www.youtube.com/watch?v=SEfs5TJZ6Nk>

5 Minute Guided Meditation:

<https://www.youtube.com/watch?v=45E4fJil4-0>

<https://www.youtube.com/watch?v=dEzbdLn2bJc>

10 Minute Guided Meditation:

https://www.youtube.com/watch?v=cIJwbSk5_B4

12 Minute Guided Meditation:

<https://www.youtube.com/watch?v=F0jedwTzIJg>

15 Minute Guided Meditation:

<https://www.youtube.com/watch?v=8-hDFBOW2kU>

20 Minute Guided Meditation:

<https://www.youtube.com/watch?v=Jyy0ra2WcQQ>

42 Minute Guided Meditation:

<https://www.youtube.com/watch?v=1vx8iUvfyCY>

58 Minute Guided Meditation:

https://www.youtube.com/watch?v=s_SMIouQGps

The Omega Institute Channel (Meditation Videos):

<https://www.youtube.com/user/TheOmegaInstitute/search?query=meditation>

Relaxing Music:

Yellow Brick Cinema (Ambient) (6 Hours):

<https://www.youtube.com/watch?v=Xj1sNnggmRE>

Yellow Brick Cinema (Flute) (3 Hours):

<https://www.youtube.com/watch?v=M1b36evhl9g>

Yellow Brick Cinema (Guitar) (6 Hours):

<https://www.youtube.com/watch?v=7BNBAzr9o7Y>

101 Stress Relief (Live Streaming):

<https://www.youtube.com/watch?v=NuIAYHVeFYs>

Sounds of Nature:

Creek/Birds:

<https://www.youtube.com/watch?v=eKFTSSKCzWA>

Ocean Waves:

<https://www.youtube.com/watch?v=f77SKdyn-1Y>

Rainforest Waterfall:

<https://www.youtube.com/watch?v=pPrO2jlay40>

Rain:

https://www.youtube.com/watch?v=jX6kn9_U8qk

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

Birds:

https://www.youtube.com/watch?v=tPLU2YSvmSk&feature=response_watch

Interactive Stress Relief:

Silk (Interactive generative art):

<http://weavesilk.com/>

Neon Flames (Interactive generative art):

<https://29a.ch/sandbox/2011/neonflames/#>

Looking at Something (Interactive rain simulator):

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

Purri (Interactive Cat Purring Simulator):

<https://purri.com/>

General Mental Health Resources

Instant Online Crisis and Suicide Counseling:

<https://www.imalive.org/>

Cognitive Behavioral Tips Everyone Can Benefit From:

<https://psychcentral.com/blog/3-dbt-skills-everyone-can-benefit-from/>

WildMind (Mindfulness Guides and Resources):

<http://hackerella.com/mindfulness-resources/>

InsightTimer (Guided Meditations and Relaxing Soundtracks):

<https://insighttimer.com/>

Dialectical Behavior Therapy Skills (Stress and Anxiety Reduction):

<https://www.skylandtrail.org/accepting-reality-using-dbt-skills/>

7 Cups (Free Online Anonymous Chat By Volunteer Listeners):

<https://www.7cups.com/>

To Write Love On Her Arms (Depression, Addiction, Self-Injury, Suicide):

<https://twloha.com/>

The Trevor Project (LGBTQ Resources):

<https://www.thetrevorproject.org/>

Do Nothing For 2 Minutes (Interactive 2 Minute Timer):

<http://www.donothingfor2minutes.com/>

Meditation for Beginners (Tips to those wanting to start meditating):

<https://zenhabits.net/meditation-guide/>

Blogs:

Self Care for the Supporter:

<https://www.beyondblue.org.au/the-facts/suicide-prevention/worried-about-someone-suicidal/self-care-for-the-supporter>

Dealing with the Immense Uncertainty of the World:

<https://zenhabits.net/immense-uncertainty/>

Podcasts:

Zencast (Mindfulness and Anxiety Reduction):

<https://podcasts.apple.com/us/podcast/zencast/id73331418?mt=2>

Meditation Oasis:

<https://www.meditationoasis.com/podcast>

Daily Meditation Podcast:

<https://podcasts.apple.com/us/podcast/daily-meditation-podcast/id892107837?mt=2>

Meditation Minis:

<https://audioboom.com/posts/7204678-meditation-on-being-enough>

Dr. Joy Harden Bradford 'Therapy for Black Girls':

<https://therapyforblackgirls.com/podcast/>