

Counseling/Wellness Resources related to Coronavirus/ Covid 19 Websites and podcasts:

ADHD:

[Resilience and Routines for Families During the Pandemic](#)

<https://www.kunr.org/post/covid-19-online-learning-solutions-present-challenges-students-autism-adhd#stream/0>

[ADDitude Magazine, Coronavirus Toolkit: ADHD Addition](#)

Anxiety:

<https://childmind.org/coping-during-covid-19-resources-for-parents/#resources>

[Mental Health and Coping During COVID-19 | CDC](#)

[Coping With Coronavirus: Managing Stress, Fear, and Anxiety](#)

[Coronavirus Anxiety - Helpful Expert Tips and Resources](#)

[7 science-based strategies to cope with coronavirus anxiety](#)

Body Focused Repetitive Behaviors:

<https://www.bfrb.org/blog/1-blog/501-bfrb-a-covid-19->

Depression:

[Social distancing could have devastating effect on people with depression](#)

[Colorado Crisis Services](#)

[Even With Social Distancing, People Are Finding Ways To Connect](#)

<https://documentcloud.adobe.com/link/track?uri=urn%3Aaaid%3Ascds%3AUS%3A1338646f-ac67-4426-9716-9ce10f81f9d1>

[Child & Adolescent Program \(FAMILY\)](#)

Mindfulness Resources:

[Mindful Schools | Mindfulness for Your School, Teachers, and Students](#)

[Special Edition: Things We Think You'd Like to Know About the Coronavirus — Blog](#)

[Let's meet this moment together](#)

[Mindful@Home](#)

Mental Health (General):

[Caring for Each Other](#)

[Caring for Your Mental Health Despite the Coronavirus](#)

[Helping children cope with stress during the 2019-nCoV outbreak](#)

[COVID-19 \(CORONAVIRUS\) INFORMATION AND RESOURCES](#)

<https://www.understood.org/search-results/v1/search?query=coronavirus>

[Parent/Caregiver Guide to Helping Families Cope With the Coronavirus Disease 2019 \(COVID-19\)](#)

OCD:

[Resources for the OCD and related disorders community during the COVID-19 outbreak](#)

[OCD and Coronavirus Survival Tips](#)

[OCD and anxiety disorder treatment can be complicated by coronavirus fears](#)

Parenting:

[Coronavirus Triple Duty: Working, Parenting, And Teaching From Home](#)

[What Parents Need to Know About Coronavirus](#)

[What Are the Rules for Play Dates During the Coronavirus Crisis?](#)

[Coronavirus and Divorced Parents' Parenting Time](#)

[Parenting in a Pandemic, Susan Kaiser-Greenland](#)

[Gozen Pandemic Resources](#)

<https://podcasts.apple.com/us/podcast/raising-good-humans/id1473072044?i=1000468297478>

<http://wonderofparenting.libsyn.com/special-edition-talking-to-your-kids-about-the-coronavirus>

Substance Abuse:

[Updates on Coronavirus COVID-19](#)

[National Helpline](#)

Wellness:

https://greatergood.berkeley.edu/article/item/greater_good_guide_to_well_being_during_coronavirus?utm_source=Greater+Good+Science+Center&utm_campaign=4fd937987d-EMAIL_CAMPAIGN_GG_Newsletter_Mar_19_2020&utm_medium=email&utm_term=0_5ae73e326e-4fd937987d-52145183

[Stay Connected While Keeping Your Distance](#)