

## MENTAL HEALTH & COPING - COVID-19

Includes specific resources for children & families section below

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| <b>Speaking of Psychology:<br/>Coronavirus Anxiety</b>   | American Psychological Association:<br><a href="https://www.apa.org/research/action/speaking-of-psychology/coronavirus-anxiety">https://www.apa.org/research/action/speaking-of-psychology/coronavirus-anxiety</a>   |
| <b>Coronavirus &amp; Emerging<br/>Infectious Disease Outbreaks<br/>Response</b>                              | Center for the Study of Traumatic Stress (CSTS):<br><a href="https://www.cstsonline.org/resources/resource-master-list/coronavirus-and-emerging-infectious-disease-outbreaks-response">https://www.cstsonline.org/resources/resource-master-list/coronavirus-and-emerging-infectious-disease-outbreaks-response</a>  |
| <b>“Taking Care of your Emotional<br/>Health”</b>  | US Centers for Disease Control & Prevention (CDC):<br><a href="https://emergency.cdc.gov/coping/selfcare.asp">https://emergency.cdc.gov/coping/selfcare.asp</a>  |
| <b>“Coping with Stress”</b>  | US Centers for Disease Control & Prevention (CDC):<br><a href="https://www.cdc.gov/violenceprevention/suicide/coping-with-stresstips.html">https://www.cdc.gov/violenceprevention/suicide/coping-with-stresstips.html</a>  |
| <b>“Mental Health and Coping<br/>During COVID-19”</b>  | US Centers for Disease Control & Prevention (CDC):<br><a href="https://www.cdc.gov/coronavirus/2019-ncov/about/coping.html">https://www.cdc.gov/coronavirus/2019-ncov/about/coping.html</a>  |
| <b>Coronavirus &amp; Mental Health:<br/>Taking Care of Ourselves During<br/>Infectious Disease Outbreaks</b> | American Psychiatric Association (APA):<br><a href="https://www.psychiatry.org/news-room/apa-blogs/apa-blog/2020/02/coronavirus-and-mental-health-taking-care-of-ourselves-during-infectious-disease-outbreaks">https://www.psychiatry.org/news-room/apa-blogs/apa-blog/2020/02/coronavirus-and-mental-health-taking-care-of-ourselves-during-infectious-disease-outbreaks</a> |

Resources specifically **FOR CHILDREN & FAMILIES**

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| <p><b>“Helping Children Cope with Emergencies”</b></p>                      | <p>US Centers for Disease Control &amp; Prevention (CDC):<br/> <a href="https://www.cdc.gov/childrenindisasters/helping-children-cope.html">https://www.cdc.gov/childrenindisasters/helping-children-cope.html</a></p>   |
| <p><b>Taking Care of your Family during Coronavirus Fact Sheet</b></p>      | <p>Center for the Study of Traumatic Stress (CSTS):<br/> <a href="https://www.cstsonline.org/assets/media/documents/CSTS_FS_Corona_Taking_Care_of_Your_Family.pdf.pdf">https://www.cstsonline.org/assets/media/documents/CSTS_FS_Corona_Taking_Care_of_Your_Family.pdf.pdf</a></p>     |
| <p><b>Parent/Caregiver Guide to Helping Families Cope with COVID-19</b></p> | <p>The National Child Traumatic Stress Network:<br/> <a href="https://www.nctsn.org/sites/default/files/resources/factsheet/outbreak_factsheet_1.pdf">https://www.nctsn.org/sites/default/files/resources/factsheet/outbreak_factsheet_1.pdf</a></p>                                   |
| <p><b>Just for Kids: A Comic Exploring the New Coronavirus</b></p>          | <p>National Public Radio:<br/> <a href="https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/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</a></p> |
| <p><b>Talking to Teens &amp; Tweens about Coronavirus</b></p>               | <p>The New York Times:<br/> <a href="https://www.nytimes.com/2020/03/02/well/family/coronavirus-teenagers-anxiety.html">https://www.nytimes.com/2020/03/02/well/family/coronavirus-teenagers-anxiety.html</a></p>  |