

Some additional Resources:

PBS - 10 tips for talking with your children about COVID-19

<https://www.pbs.org/newshour/health/10-tips-for-talking-about-covid-19-with-your-kids>

Helping Children cope with anxiety

<https://childmind.org/article/what-to-do-and-not-do-when-children-are-anxious/>

Activities to build resilience in children, teens and adults

<https://positivepsychology.com/resilience-activities-worksheets/>

Books to help children and teens manage anxiety

<https://www.weareteachers.com/books-for-kids-with-anxiety/>

5 minute Body Scan Meditation by Fablefy. They have a wide variety of these body scan meditations on YouTube for different ages

<https://www.youtube.com/watch?v=9A0S54yAgEg&t=6s>

Bodyscan mindfulness meditation for teens and adults (Fablefy)

<https://www.youtube.com/watch?v=X462QPGZQt4&t=217s>

Annaka Harris - Mindfulness for Children

<https://annakaharris.com/mindfulness-for-children/>

Mindfulness for teens

<https://leftbrainbuddha.com/mindfulness-for-teens/>

TIPS FOR PARENT SELF-CARE

Self-Care plan for parents

<http://socialwork.buffalo.edu/resources/self-care-starter-kit/developing-your-self-care-plan.html>

The family lockdown guide: how to emotionally prepare for coronavirus quarantine

<https://www.theguardian.com/world/2020/mar/13/the-family-lockdown-guide-how-to-emotionally-prepare-for-coronavirus-quarantine>

Online/Phone Counseling Therapists in New York, NY - They accept a variety of insurances including Medicaid. There is a filter so you can see if your insurance is accepted.

<https://www.psychologytoday.com/us/therapists/online-counseling/ny/new-york?sid=5e736e0a0c8ba>

Apps to help Parents cope with stress - also includes some for children as well.

<https://kfor.com/health/coronavirus/10-apps-to-help-you-deal-with-stress-and-anxiety-during-covid-19-outbreak/>

<https://copingskillsforkids.com/blog/apps-to-help-kids-with-anxiety>

Mental Health Emergency Resources

Westchester County Community Mental Health

<https://mentalhealth.westchestergov.com/>

National Suicide Prevention Lifeline

1-800-273-8255

St. Vincent's Hospital- Mobile Crisis Team

(914) 925-5959

24/7 Telephone Coverage

Mobile Response Now Monday - Saturday