

MENTAL HEALTH & COPING - COVID-19

Includes specific resources for children & families section below

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

Resources specifically **FOR CHILDREN & FAMILIES**

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