

## MENTAL HEALTH & COPING during COVID-19

<b>Speaking of Psychology: Coronavirus Anxiety</b>	American Psychological Association: <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 Infectious Disease Outbreaks Response</b>	Center for the Study of Traumatic Stress (CSTS): <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 Health</b>	US Centers for Disease Control & Prevention (CDC): <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): <a href="https://www.cdc.gov/violenceprevention/suicide/copingwith-stresstips.html">https://www.cdc.gov/violenceprevention/suicide/copingwith-stresstips.html</a>
<b>Mental Health and Coping During COVID-19</b>	US Centers for Disease Control & Prevention (CDC): <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: Taking Care of Ourselves During Infectious Disease Outbreaks</b>	American Psychiatric Association (APA): <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>
<b>“Helping Children Cope with Emergencies”</b>	US Centers for Disease Control & Prevention (CDC): <a href="https://www.cdc.gov/childrenindisasters/helping-children-cope.html">https://www.cdc.gov/childrenindisasters/helping-children-cope.html</a>
<b>Taking Care of your Family during Coronavirus Fact Sheet</b>	Center for the Study of Traumatic Stress (CSTS): <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>
<b>Helping Homebound Children during Infectious Disease Outbreak</b>	Center for the Study of Traumatic Stress (CSTS): <a href="https://www.cstsonline.org/assets/media/documents/CSTS_FS_Helping_Homebound_Children_during_Infectious_Disease_Outbreak.pdf">https://www.cstsonline.org/assets/media/documents/CSTS_FS_Helping_Homebound_Children_during_Infectious_Disease_Outbreak.pdf</a>
<b>Parent/Caregiver Guide to Helping Families Cope with COVID-19</b>	The National Child Traumatic Stress Network: <a href="https://www.nctsn.org/sites/default/files/resources/fact-sheet/outbreak_factsheet_1.pdf">https://www.nctsn.org/sites/default/files/resources/fact-sheet/outbreak_factsheet_1.pdf</a>
<b>Tips For Social Distancing, Quarantine, And Isolation During An Infectious Disease Outbreak</b>	Substance Abuse and Mental Health Services Administration (SAMHSA): <a href="https://www.samhsa.gov/sites/default/files/tips-social-distancing-quarantine-isolation-031620.pdf">https://www.samhsa.gov/sites/default/files/tips-social-distancing-quarantine-isolation-031620.pdf</a>
<b>Just for Kids: A Comic Exploring the New Coronavirus</b>	National Public Radio: <a href="https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-c-omic-exploring-the-new-coronavirus">https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-c-omic-exploring-the-new-coronavirus</a>

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<b>Talking to Teens &amp; Tweens about Coronavirus</b>	The New York Times: <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>
<b>Reducing Stigma</b>	US Centers for Disease Control & Prevention (CDC): <a href="https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/reducing-stigma.html?">https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/reducing-stigma.html?</a> World Health Organization (WHO): <a href="https://www.epi-win.com/sites/epiwin/files/content/attachments/2020-02-24/COVID19%20Stigma%20Guide%2024022020_1.pdf">https://www.epi-win.com/sites/epiwin/files/content/attachments/2020-02-24/COVID19%20Stigma%20Guide%2024022020_1.pdf</a>