

Mental Health Links

100+ Activities to do with your child(ren) while you are at home

<https://www.scouts.org.uk/the-great-indoors>

Helping your children/students during this situation

<https://starr.org/covid-19-school-cancellation-and-trauma/>

Talking to your children about the situation

https://www.aacap.org/App_Themes/AACAP/Docs/latest_news/2020/Coronavirus_COVID19_Children.pdf

Myth Busters about COVID-19; correct information is critical

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/myth-busters>

Information and Resources

<https://mhanational.org/covid19>

Helping families cope with the Coronavirus outbreak

https://www.nctsn.org/sites/default/files/resources/fact-sheet/outbreak_factsheet_1.pdf

Safeguarding your mental health during the COVID-19 situation

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html> and

<https://www.cnbc.com/2020/03/20/coronavirus-tips-for-protecting-your-mental-health-during-quarantine.html>

Creating structure and routine

<https://news.columbia.edu/news/stay-calm-and-create-daily-routine-during-covid-19-crisis>

What to do if you think you have the coronavirus

<https://www.cnn.com/2020/03/12/think-i-have-coronavirus-symptoms-when-to-call-a-doctor-getting-tested-what-to-expect.html>

Mistakes to avoid when working from home

<https://www.cnn.com/2020/03/17/never-make-these-6-biggest-mistakes-working-from-home-says-guy-whos-done-it-for-10-years.html>

Working from home (even with kids)

<https://www.cnn.com/2020/03/16/how-to-work-from-home-with-your-kids-during-the-coronavirus-outbreak.html>

Your mental health during the COVID-19 pandemic

<https://www.pbs.org/newshour/health/why-your-mental-health-may-be-suffering-in-the-covid-19-pandemic>

Mental health considerations during the outbreak

https://www.who.int/docs/default-source/coronaviruse/mental-health-considerations.pdf?sfvrsn=6d3578af_2

Taking care of your mental health

<https://afsp.org/taking-care-of-your-mental-health-in-the-face-of-uncertainty/>

Self-Care Resources:

<https://www.myintent.org/pages/free>

Caring for your COVID-19 Anxiety Tool Kit:

https://www.virusanxiety.com/?fbclid=IwAR3MawwSU_NeY91xpWWK1h2KtfZoZPanpkf96rUwn2ihker0liBt_stb64

Meditation:

<https://yogaindetroit.com/resources>

<https://www.tarabach.com/wp-content/uploads/pdf/how-to-meditate.pdf>

Mindfulness:

<https://www.stopbreathethink.com/>

<http://www.freemindfulness.org/download>

Stress:

<https://www.mindful.org/the-s-t-o-p-practice-for-stress/>

Anxiety:

<https://timetothrivetherapy.com/wp-content/uploads/2018/01/The-Cognitive-Behavioral-Workbook-for-Anxiety.pdf>

<https://uhs.berkeley.edu/sites/default/files/fearsanxiety-coronavirus.pdf>

<https://adaa.org/finding-help/coronavirus-anxiety-helpful-resources>