

COVID-19 and Emotional Health Resources

Name	Source & Link
<p>“Coping with Stress”</p>	<p>US Centers for Disease Control & Prevention (CDC): https://www.cdc.gov/violenceprevention/suicide/copingwith-stress-tips.html</p>
<p>“Mental Health and Coping During COVID-19”</p>	<p>US Centers for Disease Control & Prevention (CDC): https://www.cdc.gov/coronavirus/2019-ncov/about/coping.html</p>
<p>“Taking Care of your Emotional Health”</p>	<p>US Centers for Disease Control & Prevention (CDC): https://emergency.cdc.gov/coping/selfcare.asp</p>
<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>RedBook Online COVID-19 Outbreak page</p>	<p>American Academy of Pediatrics (AAP): https://redbook.solutions.aap.org/ss/rbo_outbreaks_page_3.aspx</p>
<p>Q&A on coronaviruses</p>	<p>World Health Organization (WHO): https://www.who.int/news-room/q-a-detail/q-a-coronaviruses</p>
<p>Coronavirus & Mental Health: Taking Care of Ourselves During Infectious Disease Outbreaks</p>	<p>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</p>
<p>Coronavirus & Emerging Infectious Disease Outbreaks Response</p>	<p>Center for the Study of Traumatic Stress (CSTS): https://www.cstsonline.org/resources/resource-master-list/coronavirus-and-emerging-infectious-disease-outbreaks-response</p>

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Taking Care of your Family during Coronavirus Fact Sheet	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
Research Information: Pandemics	American Psychological Association: https://www.apa.org/practice/programs/dmhi/research-information/pandemics
Five ways to view coverage of the Coronavirus	American Psychological Association: https://www.apa.org/helpcenter/pandemics
Speaking of Psychology: Coronavirus Anxiety	American Psychological Association: https://www.apa.org/research/action/speaking-of-psychology/coronavirus-anxiety
Parent/Caregiver Guide to Helping Families Cope with COVID-19	The National Child Traumatic Stress Network: https://www.nctsn.org/sites/default/files/resources/fact-sheet/outbreak_factsheet_1.pdf
Just for Kids: A Comic Exploring the New Coronavirus	National Public Radio: https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus
Talking to Teens & Tweens about Coronavirus	The New York Times: https://www.nytimes.com/2020/03/02/well/family/coronavirus-teenagers-anxiety.html

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