

Coping with stress links

| Name | Source & Link |
|---|--|
| “Coping with Stress” | US Centers for Disease Control & Prevention (CDC): https://www.cdc.gov/violenceprevention/suicide/copingwith-stresstips.html |
| “Mental Health and Coping During COVID-19” | US Centers for Disease Control & Prevention (CDC): https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html https://www.cdc.gov/coronavirus/2019-ncov/about/coping.html |
| “Taking Care of your Emotional Health” | US Centers for Disease Control & Prevention (CDC): https://emergency.cdc.gov/coping/selfcare.asp |
| “Helping Children Cope with Emergencies” | US Centers for Disease Control & Prevention (CDC): https://www.cdc.gov/childrenindisasters/helping-children-cope.html |
| RedBook Online COVID-19 Outbreak page | American Academy of Pediatrics (AAP): https://redbook.solutions.aap.org/ss/rbo_outbreaks_page_3.aspx |
| Q&A on coronaviruses | World Health Organization (WHO): https://www.who.int/news-room/q-a-detail/q-a-coronaviruses |
| 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 |

| | |
|--|--|
| <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> |
| <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>Research Information: Pandemics</p> | <p>American Psychological Association: https://www.apa.org/practice/programs/dmhi/research-information/pandemics</p> |
| <p>Five ways to view coverage of the Coronavirus</p> | <p>American Psychological Association: https://www.apa.org/helpcenter/pandemics</p> |
| <p>Speaking of Psychology: Coronavirus Anxiety</p> | <p>American Psychological Association: https://www.apa.org/research/action/speaking-of-psychology/coronavirus-anxiety</p> |
| <p>Parent/Carer 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>Suicide Prevention</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>https://suicidepreventionlifeline.org/current-events/supporting-your-emotional-well-being-during-the-covid-19-outbreak/</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> |

Domestic Violence and Child Abuse Resources

<https://www.thehotline.org/help/>

<https://www.evawintl.org/>

<https://www.ispcan.org/covid19resourcepage/>

<https://www.end-violence.org/protecting-children-during-covid-19-outbreak>

Free Mindfulness health apps

<https://www.puregym.com/blog/top-free-mindfulness-apps/>

In the US: [Crisis Text Line](https://www.crisistextline.org/): Text CRISIS to 7417 41 for free,

<https://www.crisistextline.org/>

[The National Suicide Prevention Lifeline](https://suicidepreventionlifeline.org/talk-to-someone-now/): 1-800-273-8255

<https://suicidepreventionlifeline.org/talk-to-someone-now/>

[The Trevor Project](https://www.thetrevorproject.org/): 1-866-488-7386, <https://www.thetrevorproject.org/>

Outside the US: The [International Association for Suicide Prevention](https://www.iasp.info/) lists a number of suicide hotlines by country. <https://www.iasp.info/>

[Befrienders Worldwide](https://www.befrienders.org/need-to-talk): <https://www.befrienders.org/need-to-talk>