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| **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/copingwith-stresstips.html*](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/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** | |
| **“Helping Children Cope with Emergencies”** | US Centers for Disease Control & Prevention (CDC):  <https://www.cdc.gov/childrenindisasters/helping-children-cope.html> |
| **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> |
| **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> |