

## **Wellness/Mental Health Resources for Coping during the Outbreak of COVID-19**

### **Coping Tips**

National Alliance on Mental Illness ( NAMI) Coronavirus: Mental Health Coping Strategies  
[Coronavirus: Mental Health Coping Strategies](#)  
[COVID-19 Information and Resources](#)

World Health Organization ( WHO) Mental Health Considerations during COVID-19  
[https://d19feca0-eced-41a5-87d8-6715b9022c27.filesusr.com/ugd/eeeeef8\\_430cbd1857804d5ea644a32c5dca8d71.pdf](https://d19feca0-eced-41a5-87d8-6715b9022c27.filesusr.com/ugd/eeeeef8_430cbd1857804d5ea644a32c5dca8d71.pdf)  
[Mental health and psychosocial considerations during the COVID-19 outbreak](#)

Substance Abuse and Mental Health Services Administration ( SAMHSA) Coping with Stress During Infectious Disease Outbreaks  
[Coping with Stress During Infectious Disease Outbreaks](#)  
[Taking Care of Your Behavioral Health During an Infectious Disease Outbreak](#)

Healthcare Access and Research and Developmental Disabilities (HCARD)D  
<https://mailchi.mp/4fcf79dafa5/covid-19-hcardd>

SHINE – Care for Coronavirus Anxiety  
<https://www.virusanxiety.com/>

Alliance for Aging Research  
[COMMON QUESTIONS AND ANSWERS ABOUT COVID-19 FOR OLDER ADULTS AND PEOPLE WITH CHRONIC HEALTH CONDITIONS](#)

Administration for Community Living  
[Coronavirus disease 2019 \(COVID-19\)](#)

Action for Healthy Living  
[COVID-19 Resources: School Closures](#)

### **Parents/Caregivers**

National Child Traumatic Stress Network (NCTSN)  
[Parent/Caregiver Guide to Helping Families Cope With the Coronavirus Disease 2019](#)

National Association of School Psychologists (NASP)  
[Helping Children Cope With Changes Resulting From COVID-19](#)

Prevent Child Abuse America  
[Coronavirus Resources & Tips for Parents, Children & Others](#)

Warner School of Education – University of Rochester-  
Tips to Help Parents Support Kids Amid COVID-19  
[School Counseling Expert Offers Tips to Help Parents Support Kids Amid COVID-19 Outbreak](#)

New York Times -Parents Need Stress Relief Too!  
<https://www.nytimes.com/2020/03/18/parenting/parents-need-stress-relief-too.html?searchResultPosition=2>

American Academy of Pediatrics (AAP)  
[Staying Healthy and Active with Virtual and At-Home Learning \(Updated 3/26\)](#)  
[Healthy Eating Toolkit](#)

CDC - Centers for Disease Control and Prevention  
[Talking with children about Coronavirus Disease 2019 | CDC](#)

Spotify Podcast - Coronavirus & Parenting: What You Need to Know Now  
[Coronavirus And Parenting: What You Need To Know Now](#)

### **Children/ Youth**

New Jersey Department of Education ( NJDOE)  
<https://www.nj.gov/education/covid19/studentsfamilies/wellness.shtml>

Public Broadcasting Service) PBS Kids  
[Emotions & Self-Awareness Development for Kids](#)

National Alliance for Grieving Children / Responding to Change & Loss  
In Support of Children, Teens & Families  
<https://indd.adobe.com/view/924b5436-fca0-4a15-901a-9233134766e4>

National Federation of Families for Children’s Mental Health – Resources COVID 19  
<https://www.ffcmh.org/#!>

Center for Disease Control ( CDC)  
Talking with children about Coronavirus Disease 2019  
[https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/talking-with-children.html?CDC\\_AA\\_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fcommunity%2Fschools-childcare%2Ftalking-with-children.html](https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/talking-with-children.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fcommunity%2Fschools-childcare%2Ftalking-with-children.html)

CHILDMIND- How Mindfulness Can Help During COVID-19

<https://childmind.org/article/how-mindfulness-can-help-during-covid-19>

[Supporting Families During COVID-19](#)

[Talking to Kids About the Coronavirus](#)

Zero to Three

[Tips for Families: Coronavirus](#)

UNICEF – How teenagers can protect their Mental Health during COVID 19

<https://www.unicef.org/coronavirus/how-teenagers-can-protect-their-mental-health-during-coronavirus-covid-19>

New York Times - 5 Ways to Help Teens Manage Anxiety during Coronavirus Outbreak

[https://www.nytimes.com/2020/03/11/well/family/coronavirus-teenagers-anxiety.html?utm\\_content=bufferdef25&utm\\_medium=social&utm\\_source=facebook.com&utm\\_campaign=buffer&fbclid=IwAR0tmsriXxwxOVyjmPIFYAok201riZXCKGMFsBcQY9lg2wGqroIJFMK2esE](https://www.nytimes.com/2020/03/11/well/family/coronavirus-teenagers-anxiety.html?utm_content=bufferdef25&utm_medium=social&utm_source=facebook.com&utm_campaign=buffer&fbclid=IwAR0tmsriXxwxOVyjmPIFYAok201riZXCKGMFsBcQY9lg2wGqroIJFMK2esE)

Common Sense Media - Apps to Help with Mental Health - children - teens

<https://www.commonsensemedia.org/lists/apps-to-help-with-mental-health>

Children’s Mental Health Campaign

[Resources & Activities for Families At Home](#)

<https://childrensmentalhealthcampaign.org/covid-19-resources/resources-activities-families-home>

### ***Adults with ID/DD***

The Center for START Services – National Leaders in Mental Health Aspects of Intellectual & Developmental Disabilities

<https://www.centerforstartservices.org/covid-19-resources>

ARC – COVID 19 Resources

<https://thearc.org/covid/>

Questions & Answers from Self-Advocates about COVID-19

[https://mcusercontent.com/4d4cfab0c99c164a0a953b154/files/c575255d-face-48af-baf4-97b6c53dc903/COVID\\_19\\_QA\\_Self\\_advocates\\_Edited\\_Mar\\_22.pdf?utm\\_source=mailchimp&utm\\_campaign=0300b5e6e1f0&utm\\_medium=page](https://mcusercontent.com/4d4cfab0c99c164a0a953b154/files/c575255d-face-48af-baf4-97b6c53dc903/COVID_19_QA_Self_advocates_Edited_Mar_22.pdf?utm_source=mailchimp&utm_campaign=0300b5e6e1f0&utm_medium=page)

Alliance Health Education Initiative (AMA) – Managing Mental Health during COVID 19

<https://www.ama-assn.org/delivering-care/public-health/managing-mental-health-during-covid-19>

Disability Rights NJ – Psychiatric Advance Directive Crisis Plan

<http://drnj.org/pdf/PAD%20form%20August%202012%20FINAL.pdf>