

Covid-19 Mental Health Resources

<https://www.here4tn.com/>

Anxiety and Depression in Children

<https://www.cdc.gov/childrensmentalhealth/depression.html>

Caring for Covid-19 Anxiety

<https://www.virusanxiety.com/take-care>

Managing Anxiety Around Covid-19

<https://www.rulerapproach.org/managing-anxiety-around-covid-19/>

Talking to Students About Covid-19

<https://www.nasponline.org/resources-and-publications/resources-and-podcasts-school-climate-safety-and-crisis/health-crisis-resources/helping-children-cope-with-changes-resulting-from-covid-19>

School Crisis Center Covid-19 Pandemic Resources

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

Helping Students and You Cope with Crisis (Video)

<https://drive.google.com/file/d/1V2OuDWq9f36nfhm3TfwdvXFhiC46PfMS/preview>

Sanford Harmony K-6 SEL Curriculum

<https://online.sanfordharmony.org/>

Parent/Caregiver Coping Guide for Covid-19

<https://www.nctsn.org/resources/parent-caregiver-guide-to-helping-families-cope-with-the-coronavirus-disease-2019>

Crisis Text Line

Text HOME to 741741. Crisis Text Line is free, 24/7 support for those in crisis. People from anywhere in the US can text with a trained Crisis Counselor. Crisis Text Line trains volunteers to support people in crisis.

National Suicide Prevention Lifeline

Call 1 (800) 273-8255. The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources, and best practices for professionals.