

Mental Health Resources

Resource	Description/Link
Centers for Disease Control & Prevention (CDC)	<p>https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html</p> <p>Excellent resources and information on managing stress and anxiety related to the COVID-19 outbreak. Also, focuses on helping children cope.</p>
National Alliance on Mental Illness (NAMI)	<p>Updates w/ focus on maintaining our mental health: https://www.nami.org/About-NAMI/NAMI-News/2020/NAMI-Updates-on-the-Coronavirus</p> <p>Detailed guidebook for coping w/ the COVID-19 outbreak: https://www.nami.org/getattachment/About-NAMI/NAMI-News/2020/NAMI-Updates-on-the-Coronavirus/COVID-19-Updated-Guide-1.pdf?lang=en-US</p>
World Health Organization (WHO)	<p>WHO guidebook on mental health/psychosocial considerations for adults and children alike: https://www.who.int/docs/default-source/coronaviruse/mental-health-considerations.pdf?sfvrsn=6d3578af_8</p> <p>Stress management for children: https://www.who.int/docs/default-source/coronaviruse/helping-children-cope-with-stress-print.pdf?sfvrsn=f3a063ff_2</p>
National Association of School Psychologists (NASP)	<p>Talking to children about coronavirus: https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource</p>

<p>Substance Abuse and Mental Health Services Association (SAMHSA)</p>	<p>Talking w/ children re: infectious disease outbreaks; tips for parents, teachers, and caregivers: https://store.samhsa.gov/system/files/pep20-01-01-006_508_0.pdf</p> <p>Managing stress re: infectious diseases: https://store.samhsa.gov/system/files/sma14-4885.pdf</p>
<p>Department of Education (DOE)</p>	<p>On providing services to children w/ disabilities during the coronavirus outbreak: https://www2.ed.gov/policy/speced/guid/idea/memosdcitrs/qa-covid-19-03-12-2020.pdf</p>
<p>American Counseling Association (ACA)</p>	<p>Assorted resources for professionals: https://www.counseling.org/knowledge-center/mental-health-resources/trauma-disaster/mental-health-professional-counseling-and-emergency-preparedness</p>
<p>Aunt Bertha</p>	<p>By simply entering a zip code, the site will find food, counseling, health, housing, legal, job training and much more in the area. https://www.auntbertha.com/search_results/77340</p>