

Resources for Coronavirus and Mental Health

Links to articles and resources: <https://adaa.org/finding-help/coronavirus-anxiety-helpful-resources>
<https://www.washingtonpost.com/health/2020/03/11/what-coronavirus-fears-are-doing-people-with-anxiety-disorders/>
<https://www.health.harvard.edu/blog/coping-with-coronavirus-anxiety-2020031219183>
https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fabout%2Fcoping.html

Taking Care of Your Behavioral Health: TIPS FOR SOCIAL DISTANCING, QUARANTINE, AND ISOLATION DURING AN INFECTIOUS DISEASE OUTBREAK - <https://store.samhsa.gov/product/taking-care-your-behavioral-health-during-infectious-disease-outbreak>

Talking to your child:

<https://adaa.org/learn-from-us/from-the-experts/blog-posts/consumer/how-talk-your-anxious-child-or-teen-about>
[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](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)
<https://adaa.org/sites/default/files/WHO%20Helping%20Children%20Cope%20with%20Coronavirus%20Stress%20PDF.pdf>
<https://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus>
<https://www.psychologytoday.com/us/blog/anxiety-is-not-the-boss/202002/how-talk-your-anxious-child-about-the-coronavirus>
Comic to explain Coronavirus - <https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus>

Mindful exercises:

<https://centerformsc.org/practice-msc/guided-meditations-and-exercises/>

Talking with someone who has anxiety:

<https://www.businessinsider.com/why-telling-people-dont-panic-doesnt-work-what-to-do-2020-3>
<https://rightasrain.uwmedicine.org/mind/mental-health/what-say-and-not-say-someone-anxiety>
<https://psychcentral.com/blog/do-you-know-what-to-say-when-someone-has-an-anxiety-or-panic-attack/>
https://greatergood.berkeley.edu/article/item/seven_ways_to_help_someone_with_anxiety