



Links for Families on Coping During COVID-19

M-DCPS – Department of Mental Health Services
Parent Assistance Line: 305-995-7100

Centers for Disease Control and Prevention (CDC) – COVID-19
Daily Life and Coping

English: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/index.html>

Spanish: <https://espanol.cdc.gov/enes/coronavirus/2019-ncov/daily-life-coping/index.html>

Emotional Wellbeing During the COVID-19 Outbreak – The National Suicide Prevention Lifeline

<https://suicidepreventionlifeline.org/current-events/supporting-your-emotional-well-being-during-the-covid-19-outbreak/>

Substance Abuse and Mental Health Services Administration (SAMHSA)

Talking with Children: Tips for Caregivers, Parents, and Teachers During Infectious Disease Outbreaks

Download at: https://store.samhsa.gov/product/Talking-With-Children-Tips-for-Caregivers-Parents-and-Teachers-During-Infectious-Disease-Outbreaks/PEP20-01-01-006?referer=from_search_result

SAMHSA - Coping with Stress During Infectious Disease Outbreaks

Download at: <https://store.samhsa.gov/product/Coping-with-Stress-During-Infectious-Disease-Outbreaks/sma14-4885>

SAMSHA – Taking Care of Your Behavioral Health

<https://www.samhsa.gov/sites/default/files/tips-social-distancing-quarantine-isolation-031620.pdf>

Conscious Discipline – COVID-19: Five Helpful Responses for Families

https://consciousdiscipline.com/covid-19-five-helpful-responses-for-families/?mc_cid=2df75cbd90&mc_eid=02602eabb6

The National Child Traumatic Stress Network - Parent/Caregiver Guide to Helping Families Cope with the Coronavirus Disease 2019 (COVID-19)

English: <https://www.nctsn.org/print/2251>

Spanish: <https://www.nctsn.org/print/2259>

Erika's Lighthouse - Promoting Positive Mental Health for Teens Feeling Isolated

<https://secure.qgiv.com/event/inthistogether/>

American Psychological Association (APA)

Seven crucial research findings that can help people deal with COVID-19

<https://www.apa.org/news/apa/2020/03/covid-19-research-findings>

New York State – Office of Mental Health

Feeling Stressed About Coronavirus (COVID-19)?

Managing Anxiety in an Anxiety-Provoking Situation

<https://omh.ny.gov/omhweb/guidance/covid-19-managing-stress-anxiety.pdf>

World Health Organization (WHO) – Helping children cope with stress during the 2019-nCoV outbreak

https://www.who.int/docs/default-source/coronaviruse/helping-children-cope-with-stress-print.pdf?sfvrsn=f3a063ff_2

Sesame Street in Communities

English: <https://sesamestreetincommunities.org/topics/health-emergencies/>

Spanish: <https://sesamestreetincommunities.org/topics/emergencias-de-salud/>

Caring for Each Other Initiative

<https://www.sesamestreet.org/caring>

Soothing & Comforting Each Other:

https://www.sesamestreet.org/sites/default/files/media_folders/Images/PDF1V3.pdf

Self-Care for Parents:

https://www.sesamestreet.org/sites/default/files/media_folders/Images/PDF5V3_0.pdf

Managing Uncertainty: Embracing a “For-Now Normal”:

<https://sesamestreetincommunities.org/topics/health-emergencies/?activity=managing-uncertainty-embracing-a-for-now-normal>

Comfort Strategies:

<https://sesamestreetincommunities.org/topics/health-emergencies/?activity=comfort-strategies-3>

Making Time for Play and Joy:

https://www.sesamestreet.org/sites/default/files/media_folders/Images/PDF2V3_0.pdf

National Alliance on Mental Illness (NAMI) – Coronavirus: Mental Health Coping Strategies

<https://www.nami.org/Blogs/NAMI-Blog/March-2020/Coronavirus-Mental-Health-Coping-Strategies>

Child Trends – Resources for Supporting Children’s Emotional Well-being during the COVID-19 Pandemic

<https://www.childtrends.org/publications/resources-for-supporting-childrens-emotional-well-being-during-the-covid-19-pandemic>

Zero to Three – Parenting Resource

<https://www.zerotothree.org/resources/3210-tips-for-families-coronavirus>

Building Resilience (or Some Ways to Deal with Worry and Anxiety brought on by Covid-19)

<https://www.mawilearning.com/blog/building-resilience-or-some-ways-to-deal-with-the-worry-and-anxiety-brought-on-by-covid-19/>

Greater Good’s Guide to Well-Being During Coronavirus – University of California, Berkeley – (Multiple resources, see: Well-being resources for parents)

https://greatergood.berkeley.edu/article/item/greater_good_guide_to_well_being_during_coronavirus

Ten Percent Happier – Coronavirus Sanity Guide (includes guided meditations)

<https://www.tenpercent.com/coronavirussanityguide>

