

# TAKING CARE OF YOURSELF DURING COVID-19

## Resources for Children & Families



Substance Abuse & Mental Health Services Administration "Taking Care of Your Behavioral Health"



"Coronavirus 2019: Helping My Child Cope" (English and Spanish)



Centers for Disease Control and Prevention (CDC) Coronavirus 2019 "Stress and Coping"



National Institute of Mental Health "Helping Children and Adolescents Cope with Disasters and Other Traumatic Events"



Parent Resources



Coronavirus Info for Kids MiniZine (English and Spanish)



Safe Kids Inc. "5 Ways to Discuss Coronavirus with Kids"



Mental Health America "Mental Health and COVID-19- Information and Resources"



World Health Organization (WHO) "Six Tips for Healthy Parenting"



National Child Traumatic Stress Network (NCTSN) "Parent/Caregiver Guide to Helping Families Cope with the Coronavirus 2019"



National Alliance on Mental Illness (NAMI)



HealthyChildren.org