

Useful Resources Covid-19

Finding local mental health resources during the COVID-19 crisis

<https://www.apa.org/topics/covid-19/local-mental-health>

How to Respond Effectively to the Corona Crisis

<https://drive.google.com/file/d/117HY4z4mY5izJpR44ejuZ8rhTyoWEGEG/view>

Center for Disease Control and Prevention (CDC) - Stress and Coping

https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fprepare%2Fmanaging-stress-anxiety.html

Parent/Caregiver Guide to Helping Families Cope with the Coronavirus

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

World Health Organization advice for the public

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>

Managing Stress in this anxious time

<https://app.box.com/s/xu1s62j3k9x8gmtrh9g3qu0w29ca6evr>

Free Wellness Webinars

<http://pages.apa.org/wellness-webinars/>

Covid-19 Spanish

<https://app.box.com/s/ow2bd3158iog10h3ny9jl4hahxpaoed9>