

MENTAL HEALTH AND COPING DURING COVID-19 RESOURCES

- ✚ **PA Department of Education – COVID-19 Talking to Children About COVID-19**
<https://www.education.pa.gov/Schools/safeschools/emergencyplanning/COVID-19/TalkingtoChildren/Pages/default.aspx>
- ✚ **CDC’s “Stress and Coping” page provides what stress can look like and tips to manage that stress.** <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>
- ✚ **The National Child Traumatic Stress Network has a guide for parents and caregivers to help families cope with the Coronavirus Disease 2019 (COVID-19).** <https://www.nctsn.org/resources/parent-caregiver-guide-to-helping-families-cope-with-the-coronavirus-disease-2019>
- ✚ **Mental Health America has compiled a range of resources and information on their “Mental Health and COVID19” page.**
<https://mhanational.org/covid19>
- ✚ **SAMHSA’s “Coping With Stress During Infectious Disease Outbreaks” page outlines the signs of stress and steps you can take to alleviate stress. A variety of resources are provided and can be downloaded.**
<https://store.samhsa.gov/product/Coping-with-Stress-During-Infectious-Disease-Outbreaks/sma14-4885>
 - **Topics include:** Taking Care of Your Behavioral Health During an Infectious Disease Outbreak; Talking With Children: Tips for Caregivers, Parents, and Teachers During Infectious Disease Outbreaks; Adjusting to Life at Home; Returning to Work; Helping Staff Manage Stress When Returning to Work
- ✚ **Vibrant Emotional Health’s “Supporting Your Emotional Wellbeing During the COVID-19 Outbreak” page.** <https://www.vibrant.org/covid-19/> and **“Safe Space” provides interactive coping tools to help users when they need it.** <https://www.vibrant.org/safespace/>
- ✚ **The PA Parent and Family Alliance has compiled useful resources for families and providers across the state. Currently the list has over 200 resources in areas such as education, mental wellness, work, necessary services, art, relaxation, and much more. Home Together Resource page.** <https://www.paparentandfamilyalliance.org/hometogether-resources>