

## Mental Health and Coping Resources for Families

**Centers for Disease Control and Prevention** - Recommendations for talking with Children regarding COVID-19 - <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/talking-with-children.html>

**National Association of School Psychologists** - Helping Children Cope with Changes as a result of COVID-19 - <https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/helping-children-cope-with-changes-resulting-from-covid-19>

**The American School Counselor Association has shared the following links in Mental Health and Coping.**

### **Mental Health and Coping**

**Centers for Disease Control and Prevention**  
[Mental Health and Coping During COVID-19](#)

**Child Mind Institute**  
[Talking to Kids About the Coronavirus](#)

**Crisis Management Institute**  
[COVID-19 Resources for School Counselors](#)

**National Association of School Psychologists**  
[Talking to Children About COVID-19: A Parent Resource](#)

**National Center for School Crisis and Bereavement**  
[Pandemic Response Resources](#)

**National PTA**  
[Resources for families concerned about remote learning and stress and anxiety related to COVID-19.](#)

**SAMHSA**  
[Substance Abuse and Mental Health Resources During COVID-19](#)

**The American School Counselor Association also just released the following list of resources for Social Emotional Learning you can use at home as well.**

### **Social/Emotional Learning links**

- [BrainPOP](#) provides movies with social/emotional learning components that students can watch and respond to.
- [CASEL](#) has collected a number of resources to assist in addressing students' social and emotional needs.
- [Centervention](#) game-based behavior interventions help students practice social and emotional skills.
- [Inside SEL](#) links to a number of social/emotional learning resources.
- [NEWSELA](#) offers social/emotional learning lessons students can complete remotely.
- [Sanford Harmony](#) at National University provides social and emotional learning tools for pre-K-6.
- [Second Step](#) is offering free social and emotional learning activities for ages 5-13, a podcast for families and a mindfulness program.