

Coping with COVID-19

Supportive Resource Links



American Foundation for Suicide Prevention:

[Taking Care of Your Mental Health in the Face of Uncertainty](#)

CDC (Center for Disease Control):

[COVID-19: Manage Anxiety & Stress](#)

[Helping Children Cope with Emergencies](#)

[Taking Care of your Emotional Health](#)

Florida Blue:

[24/7 Bilingual Helpline Open to Provide Emotional Support during COVID-19 Health Crisis: **833-848-1762**- free service](#)

National Child Traumatic Stress Network:

[Parent/Caregiver Guide to Helping Families Cope with the Coronavirus Disease \(COVID 19\)](#)

National Association of School Psychologists:

[Talking to Children About COVID-19 \(Coronavirus\): A Parent Resource](#)

SAMHSA (Substance Abuse and Mental Health Administration)

[Coping with Stress During Infectious Disease Outbreaks](#)

[Taking Care of Your Behavioral Health- Tips for Social Distancing, Quarantine, and Isolation During an Infectious Disease Outbreak](#)

[Your Recovery is Important: Virtual Recovery Resources](#)

National Disaster Distress Hotline **1-800-985-5990 or Text **TalkWithUs** to **#66746****

