

This is a compilation of many different resources for clients including treatment resources in general and specific to COVID-19; guidance for families; transition from home to school; and hotlines and warmlines.

Treatment Resources

Online Recovery Supports

<http://www.aa-intergroup.org>

<https://www.marijuana-anonymous.org/>

<http://www.smartrecovery.org>

<http://www.facebook.com/youngpeopleinrecovery>

Disaster Distress Helpline

This is a 24/7, 365-day-a-year, national hotline dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster, including infectious disease outbreaks. This toll-free, multilingual, and confidential crisis support service is available to all residents in the United States and its territories. Stress, anxiety, and other depression-like symptoms are common reactions after a disaster. Call 1-800-985-5990 (tel:1-800-985-5990) or text the phrase "TalkWithUs" to 66746 to connect with a trained crisis counselor.

Parent/Caregiver Guide to Helping Families Cope With the Coronavirus (2019)

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

Talking to Children About COVID-19 (Coronavirus): A Parent Resource

[https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-\(coronavirus\)-a-parent-resource](https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource)

Helping Children Cope After a Traumatic Event

<https://childmind.org/guide/helping-children-cope-traumatic-event/>

12 Ways to Effectively Parent During a Crisis

<https://www.psychologytoday.com/us/blog/here-there-and-everywhere/202003/12-ways-effectively-parent-during-crisis>

Healthcare Toolbox

<https://www.healthcaretoolbox.org/patient-education-materials/download-print-patient-handouts.html>

Apps (Deep Breathing, Guided Meditation, Mindfulness, Yoga)

Meditation Apps for Kids

<https://www.common sense media.org/lists/meditation-apps-for-kids>

Smiling Mind

<https://www.smilingmind.com.au/>

2019 Top Rated Mental Health Apps

<https://www.psychom.net/25-best-mental-health-apps>

Help for Teens and Young Adults with Anxiety

<https://www.anxietycanada.com/resources/mindshift-cbt/>

Guided Imagery Tracks from Children's Hospital of Orange County

<https://www.choc.org/programs-services/integrative-health/guided-imagery/>

Triple P Online Parenting Program (Not COVID-19 Specific)

<https://www.triplep-parenting.com/us/triple-p/>

Creating Ways to Support Mental Health

<https://mindyourmind.ca/wellness/creative-ways-support-your-mental-health>

Coping with Stress During Infectious Disease Outbreaks (for Adults)

<https://store.samhsa.gov/system/files/sma14-4885.pdf>

Guidance for Families

National Child Traumatic Stress Network: Parent/Caregiver Guide to Helping Families Copes with the COVID-19 (English + Spanish)

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

What to Say to Your Child About the Coronavirus – and How to Cope as a Parent

<https://www.ahaparenting.com/blog/talking-with-children-about-the-corona-virus>

Explaining the Coronavirus to a Child with Anxiety or ADHD

<https://www.additudemag.com/explain-coronavirus-covid-19-anxiety-adhd-child/>

Talking to Kids with OCD About COVID-19

<https://iocdf.org/covid19/talking-to-kids-about-covid-19/>

Talking to Children About COVID-19: A Parent Resource

[https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-\(coronavirus\)-a-parent-resource](https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource)

Talking with Children – Tips for Caregivers, Parents, and Teachers During Infectious Disease Outbreaks

https://store.samhsa.gov/system/files/pep20-01-01-006_508_0.pdf

Parent Tips for Helping Infants and Toddlers After Disasters

<https://www.nctsn.org/resources/pfa-parent-tips-helping-infants-and-toddlers-after-disasters>

Parent Tips for Helping Adolescents After Disasters

<https://www.nctsn.org/resources/pfa-parent-tips-helping-adolescents>

Disaster Media Intervention: Helping Students Cope with Disaster Media Coverage

https://rems.ed.gov/docs/resources/NCTSN_Students_Coping_Media_Coverage.pdf

[For Teens/Older Adolescents] What to Do if You're Anxious About Coronavirus

<https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/>

Teaching Story: Talking to Children with Autism About Coronavirus

<https://m.youtube.com/watch?feature=youtu.be&v=xkZ23tDzN4c>

Transition from Home to School

Online Learning Resources

<https://swingeducation.com/resources/20-online-learning-resources-to-help-you-get-through-coronavirus-school-closures/>

Family De-Stressing During Coronavirus

<https://www.pbs.org/parents/thrive/how-you-and-your-kids-can-de-stress-during-coronavirus>

Museums/Virtual Tours

<https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours>

Scholastic Learn at Home – Day by Day

<https://classroommagazines.scholastic.com/support/learnathome.html>

Sample At-Home Schedule

<https://docs.google.com/document/d/e/2PACX-1vSZhOdEPAWjUQpqDkVAJrFwxxZ9Sa6zGOq0CNRms6Z7DZNq-tQWS3OhuVCUbh-P-WmksHAzbsrk9d/pub>

Coronavirus Crash Course for Parents: Keeping Kids with ADHD in ‘Study Mode’ While Home from School

https://www.additudemag.com/webinar/coronavirus-homeschooling-parent-strategies/?utm_source=eletter&utm_medium=email&utm_campaign=webinar_march_2020&utm_content=031620&goal=0_d9446392d6-049aae7e7a-297270053

Extensive Compendium of Educational Resources

<http://www.amazingeducationalresources.com/>

*You may need to copy/paste addresses. Some are not hyperlinked and others are quite long and may suffer from line breaks.