



Below is a list of resources and articles that may be helpful to families during the COVID-19 pandemic and during other times of stress and change. This list is not exhaustive, nor is it a specific endorsement of any of the organizations listed. It is intended to inform our community and introduce resources that may be helpful. If you or a loved one are struggling or in crisis, please contact a mental health professional or call 911.

## GENERAL MENTAL HEALTH RESOURCES

### NYC Well

Resources are available for New Yorkers by contacting 1-888-NYC-WELL or Texting "WELL" to 65173.

<https://nycwell.cityofnewyork.us/en/>

### National Institute of Mental Health

Managing Stress and Anxiety During COVID-19

<https://www.nimh.nih.gov/health/education-awareness/shareable-resources-on-coping-with-covid-19.Shtml>

### NYS State Resources

Managing Stress and Anxiety During COVID-19

<https://coronavirus.health.ny.gov/protect-yourself-and-your-family-coronavirus-covid-19#managing-stress-and-anxiety>

### CDC Resources

Helping children cope

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/for-parents.html>

Support for teens and young adults

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/stress-coping/young-adults.html>

National Child Traumatic Stress Network

Age related reactions to a traumatic event

[https://www.nctsn.org/sites/default/files/resources/age\\_related\\_reactions\\_to\\_traumatic\\_events.pdf](https://www.nctsn.org/sites/default/files/resources/age_related_reactions_to_traumatic_events.pdf)

More on childhood trauma and ways to identify it and cope

<https://www.nctsn.org/what-is-child-trauma/trauma-types>

New York State Office of Mental Health

Managing Stress and Anxiety During COVID-19

<https://omh.ny.gov/omhweb/guidance/covid-19-managing-stress-anxiety.pdf>

World Health Organization

Managing Stress and Anxiety During COVID-19

<https://www.who.int/docs/default-source/coronaviruse/mental-health-considerations.pdf>

## PARENTING RESOURCES

Resources from the Mount Sinai Parenting Center

<https://parenting.mountsinai.org/resources/>

Child Mind Institute

<https://childmind.org/>

National Association of School Psychologists

<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>

## **RESOURCES FOR HELP WITH INTIMATE PARTNER VIOLENCE AND SEXUAL ASSAULT**

My Sister's Place

<https://mspny.org>

Hope's Door

<https://hopesdoorny.org>

RAINN

<https://www.rainn.org/>

## **HELPFUL ARTICLES**

The 2020 Back-to-School List for Teens' Emotional Well-Being

<https://www.nytimes.com/2020/08/25/well/family/teens-mental-health-needs.html?referringSource=articleShare>

How Children's Sleep Habits Have Changed in the Pandemic

<https://www.nytimes.com/2020/08/17/well/family/children-sleep-pandemic.html?referringSource=articleShare>

Five-Minute Coronavirus Stress Resets

<https://www.nytimes.com/2020/08/06/well/mind/five-minute-coronavirus-stress-resets.html?referringSource=articleShare>

The Challenges of the Pandemic for Queer Youth

<https://www.nytimes.com/2020/06/29/well/family/LGBTQ-youth-teenagers-pandemic-coronavirus.html?referringSource=articleShare>

Worried About Your Kids' Social Skills Post-Lockdown?

<https://www.nytimes.com/2020/06/18/parenting/kids-social-needs-quarantine.html?referringSource=articleShare>

Young Adults' Pandemic Mental Health Risks

<https://www.nytimes.com/2020/08/24/well/family/young-adults-mental-health-pandemic.html?referringSource=articleShare>