

Mental Health Resources for Managing Stress and Anxiety

Managing Anxiety and Stress- CDC

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>

Safety, Predictability and Control in the Midst of COVID 19- Riverside Trauma Center

<http://riversidetraumacenter.org/safety-predictability-control-in-the-midst-of-covid-19/>

Managing Reactions to the Coronavirus- Riverside Trauma Center
Talking with your Children About Highly Stressful Events

http://riversidetraumacenter.org/wp-content/uploads/2020/03/Managing-Reactions-to-the-Coronavirus.pdf?fbclid=IwAR006DoUSnImgkIto9ojyBMzpQ87gkte7NLbhjT6lQSIDg3nbH_xL3haFsk

How to Keep Coronavirus Fears from Affecting your Mental Health

<https://www.cnn.com/2020/03/14/health/coronavirus-fears-mental-health-wellness-trnd/index.html>

Coronavirus and Mental Health- Taking Care of Ourselves During Infectious Disease Outbreaks- American Psychiatric Association

<https://www.psychiatry.org/news-room/apa-blogs/apa-blog/2020/02/coronavirus-and-mental-health-taking-care-of-ourselves-during-infectious-disease-outbreaks>

Taking Care of your Behavioral Health- Substance Abuse and Mental Health Services Administration

<https://www.psychiatry.org/news-room/apa-blogs/apa-blog/2020/02/coronavirus-and-mental-health-taking-care-of-ourselves-during-infectious-disease-outbreaks>