

Online Resources for Helping Teens Deal with the Stress of COVID-19

5 Ways to Help Teens Manage Anxiety About the Coronavirus

<https://www.nytimes.com/2020/03/11/well/family/coronavirus-teenagers-anxiety.html>

Four Things to Do Every Day for Your Mental Health

https://greatergood.berkeley.edu/article/item/four_things_to_do_every_day_for_your_mental_health

Helping Children and Teens Cope with Anxiety About COVID-19

<https://pulse.seattlechildrens.org/helping-children-and-teens-cope-with-anxiety-covid-19/>

How Teenagers Can Protect Their Mental Health During COVID-19

<https://www.unicef.org/coronavirus/how-teenagers-can-protect-their-mental-health-during-coronavirus-covid-19>

How to Help Your Teenager Manage Stress During COVID-19 Pandemic

<https://www.pediatrics.wisc.edu/uw-pediatrician-how-to-help-your-teenager-manage-stress-during-covid-19-pandemic/>