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| **"Talking to Kids about Coronavirus"** | The Well by Northwell:  [Talking to Kids about Coronavirus](https://thewell.northwell.edu/well-informed/coronavirus-for-kids) |
| **Well Said with Dr. Ira Nash featuring Dr. Victor Fornari** | [Coronavirus Update: Mental Health Impact](https://urldefense.proofpoint.com/v2/url?u=https-3A__ourmailer.com_1Y9P-2D6SX0O-2DM5CH1T-2D409EMU-2D1_c.aspx&d=DwMFaQ&c=vq5m7Kktb9l80A_wDJ5D-g&r=rwfb0VkIdViLmcvVfsH0xBJ6BJ5Q-0JU5otH2IbeaLI&m=m6FfzQe-tD_4-cN-E7KyKP-Hh3Pm4dEHXSFofPkbwRc&s=PO1Q5rK3pAgkSDaQliYV_D68rIcjuB0Wp3NniZIP7QA&e=) |
| **“Coping with Stress”** | US Centers for Disease Control & Prevention (CDC):  [https://www.cdc.gov/violenceprevention/suicide/copingwith-stresstips.html](https://urldefense.proofpoint.com/v2/url?u=https-3A__www.cdc.gov_violenceprevention_suicide_copingwith-2Dstresstips.html&d=DwMF-g&c=vq5m7Kktb9l80A_wDJ5D-g&r=ibOQarGztClhwWbrXleVE3wt0yWhWhXj9CH3hAqatss&m=zLG8ozceBphQYI64U7lTlrhk5l9avv2-uiLQRFvXaZ4&s=elMWxS7PpCjv3vluxgAtDVFltpbeA7r_7ahtep26QMY&e=) |
| **“Mental Health and Coping During COVID-19”** | US Centers for Disease Control & Prevention (CDC):  [https://www.cdc.gov/coronavirus/2019-ncov/about/coping.html](https://urldefense.proofpoint.com/v2/url?u=https-3A__www.cdc.gov_coronavirus_2019-2Dncov_about_coping.html&d=DwMF-g&c=vq5m7Kktb9l80A_wDJ5D-g&r=ibOQarGztClhwWbrXleVE3wt0yWhWhXj9CH3hAqatss&m=zLG8ozceBphQYI64U7lTlrhk5l9avv2-uiLQRFvXaZ4&s=n4Y5m3jEUQpuqtoPTOPp_-R5U3It-ASBHxeeYAyPQzw&e=) |
| **“Taking Care of your Emotional Health”** | US Centers for Disease Control & Prevention (CDC):  [https://emergency.cdc.gov/coping/selfcare.asp](https://urldefense.proofpoint.com/v2/url?u=https-3A__emergency.cdc.gov_coping_selfcare.asp&d=DwMF-g&c=vq5m7Kktb9l80A_wDJ5D-g&r=ibOQarGztClhwWbrXleVE3wt0yWhWhXj9CH3hAqatss&m=zLG8ozceBphQYI64U7lTlrhk5l9avv2-uiLQRFvXaZ4&s=Vm_ZzMc_AFShGMUSvVuzaEHGTKHhC7g8OzNztPGVW1k&e=) |
| **Coronavirus & Mental Health: Taking Care of Ourselves During Infectious Disease Outbreaks** | American Psychiatric Association (APA):  [https://www.psychiatry.org/news-room/apa-blogs/apa-blog/2020/02/coronavirus-and-mental-health-taking-care-of-ourselves-during-infectious-disease-outbreaks](https://urldefense.proofpoint.com/v2/url?u=https-3A__www.psychiatry.org_news-2Droom_apa-2Dblogs_apa-2Dblog_2020_02_coronavirus-2Dand-2Dmental-2Dhealth-2Dtaking-2Dcare-2Dof-2Dourselves-2Dduring-2Dinfectious-2Ddisease-2Doutbreaks&d=DwMF-g&c=vq5m7Kktb9l80A_wDJ5D-g&r=ibOQarGztClhwWbrXleVE3wt0yWhWhXj9CH3hAqatss&m=zLG8ozceBphQYI64U7lTlrhk5l9avv2-uiLQRFvXaZ4&s=EgeMBhcxlbloa82l9rTuc0AY-TW4WClAxv8PgJLuUZM&e=) |
| **Research Information: Pandemics** | American Psychological Association:  [https://www.apa.org/practice/programs/dmhi/research-information/pandemics](https://urldefense.proofpoint.com/v2/url?u=https-3A__www.apa.org_practice_programs_dmhi_research-2Dinformation_pandemics&d=DwMF-g&c=vq5m7Kktb9l80A_wDJ5D-g&r=ibOQarGztClhwWbrXleVE3wt0yWhWhXj9CH3hAqatss&m=zLG8ozceBphQYI64U7lTlrhk5l9avv2-uiLQRFvXaZ4&s=PY2Ba3tkulydUtuLh8EeHBQRvWmgO1TkeRxd3h_EhZs&e=) |
| **Five ways to view coverage of the Coronavirus** | American Psychological Association:  [https://www.apa.org/helpcenter/pandemics](https://urldefense.proofpoint.com/v2/url?u=https-3A__www.apa.org_helpcenter_pandemics&d=DwMF-g&c=vq5m7Kktb9l80A_wDJ5D-g&r=ibOQarGztClhwWbrXleVE3wt0yWhWhXj9CH3hAqatss&m=zLG8ozceBphQYI64U7lTlrhk5l9avv2-uiLQRFvXaZ4&s=MlHiqhLE2cYPjfhpFhvan7lybqY1uelssTvjjtKBLAM&e=) |
| **Speaking of Psychology: Coronavirus Anxiety** | American Psychological Association:  [https://www.apa.org/research/action/speaking-of-psychology/coronavirus-anxiety](https://urldefense.proofpoint.com/v2/url?u=https-3A__www.apa.org_research_action_speaking-2Dof-2Dpsychology_coronavirus-2Danxiety&d=DwMF-g&c=vq5m7Kktb9l80A_wDJ5D-g&r=ibOQarGztClhwWbrXleVE3wt0yWhWhXj9CH3hAqatss&m=zLG8ozceBphQYI64U7lTlrhk5l9avv2-uiLQRFvXaZ4&s=HTc3iRPMbXZnTHMx_DRhFLo2Gi79765z5g-yJN4cdF8&e=) |
| **Home is Where the Work is: How to Keep Your Cool--and Get Things Done--When You're Teleworking** | The Well, Phelps Hospital, Northwell Health:  [Home is Where the Work is: How to Keep Your Cool--and Get Things Done--When You're Teleworking](https://www.google.com/url?rct=j&sa=t&url=https://dailyvoice.com/new-york/briarcliff/lifestyle/home-is-where-the-work-is-how-to-keep-your-cooland-get-things-donewhen-youre-teleworking/785503/&ct=ga&cd=CAEYACoSOTgwNDQxMDM4NDM1ODg0MTI2MhoxOWQyMTRmMmE2ODkzZGYyOmNvbTplbjpVUw&usg=AFQjCNF-TFuyGb2d5swWf284wCDy3emejQ) |
|  | **Information for Children and Parents** |
| **“Helping Children Cope with Emergencies”** | US Centers for Disease Control & Prevention (CDC):  [https://www.cdc.gov/childrenindisasters/helping-children-cope.html](https://urldefense.proofpoint.com/v2/url?u=https-3A__www.cdc.gov_childrenindisasters_helping-2Dchildren-2Dcope.html&d=DwMF-g&c=vq5m7Kktb9l80A_wDJ5D-g&r=ibOQarGztClhwWbrXleVE3wt0yWhWhXj9CH3hAqatss&m=zLG8ozceBphQYI64U7lTlrhk5l9avv2-uiLQRFvXaZ4&s=-tZZI0pKx3B5guRjvNQuLNYRAvhMWtvQhSi6513MEEA&e=) |
| **Taking Care of your Family during Coronavirus Fact Sheet** | Center for the Study of Traumatic Stress (CSTS):  [https://www.cstsonline.org/assets/media/documents/CSTS\_FS\_Corona\_Taking\_Care\_of\_Your\_Family.pdf.pdf](https://urldefense.proofpoint.com/v2/url?u=https-3A__www.cstsonline.org_assets_media_documents_CSTS-5FFS-5FCorona-5FTaking-5FCare-5Fof-5FYour-5FFamily.pdf.pdf&d=DwMF-g&c=vq5m7Kktb9l80A_wDJ5D-g&r=ibOQarGztClhwWbrXleVE3wt0yWhWhXj9CH3hAqatss&m=zLG8ozceBphQYI64U7lTlrhk5l9avv2-uiLQRFvXaZ4&s=WTbEQUSas7mwD8a17tlArE5La5o7Ex3Q2tAwf6FTuPM&e=) |
| **Parent/Caregiver Guide to Helping Families Cope with COVID-19** | The National Child Traumatic Stress Network:  [https://www.nctsn.org/sites/default/files/resources/fact-sheet/outbreak\_factsheet\_1.pdf](https://urldefense.proofpoint.com/v2/url?u=https-3A__www.nctsn.org_sites_default_files_resources_fact-2Dsheet_outbreak-5Ffactsheet-5F1.pdf&d=DwMF-g&c=vq5m7Kktb9l80A_wDJ5D-g&r=ibOQarGztClhwWbrXleVE3wt0yWhWhXj9CH3hAqatss&m=zLG8ozceBphQYI64U7lTlrhk5l9avv2-uiLQRFvXaZ4&s=p6XwEqiAh0HD6c8Vmx0xi1Ufn34G8upXScFhzDaqyDw&e=) |
| **Just for Kids: A Comic Exploring the New Coronavirus** | National Public Radio:  [https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus](https://urldefense.proofpoint.com/v2/url?u=https-3A__www.npr.org_sections_goatsandsoda_2020_02_28_809580453_just-2Dfor-2Dkids-2Da-2Dcomic-2Dexploring-2Dthe-2Dnew-2Dcoronavirus&d=DwMF-g&c=vq5m7Kktb9l80A_wDJ5D-g&r=ibOQarGztClhwWbrXleVE3wt0yWhWhXj9CH3hAqatss&m=zLG8ozceBphQYI64U7lTlrhk5l9avv2-uiLQRFvXaZ4&s=lYlWt-wtJp8Sxfd-GgjJ78Xyjm1-V0zbZsarQkscBl0&e=) |
| **Talking to Teens & Tweens about Coronavirus** | The New York Times:  [https://www.nytimes.com/2020/03/02/well/family/coronavirus-teenagers-anxiety.html](https://urldefense.proofpoint.com/v2/url?u=https-3A__www.nytimes.com_2020_03_02_well_family_coronavirus-2Dteenagers-2Danxiety.html&d=DwMF-g&c=vq5m7Kktb9l80A_wDJ5D-g&r=ibOQarGztClhwWbrXleVE3wt0yWhWhXj9CH3hAqatss&m=zLG8ozceBphQYI64U7lTlrhk5l9avv2-uiLQRFvXaZ4&s=D2sbeKWctd7lpVic3ctgNTNWh0MuhDNoW_yUj_65_gs&e=) |
| **Resources for Supporting Children’s Emotional Well-being during the COVID-19 Pandemic** | Child Trends:  <https://www.childtrends.org/publications/resources-for-supporting-childrens-emotional-well-being-during-the-covid-19-pandemic> |
| **Working Remotely During COVID-19**  **Your Mental Health and Well-being** | American Psychiatric Association (APA):  <http://workplacementalhealth.org/Employer-Resources/Working-Remotely-During-COVID-19> |