

RESOURCES

CHILDREN/TEENS AND STRESS:

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

<https://www.health.state.mn.us/docs/communities/mentalhealth/quickcardkids.pdf>

TALKING TO CHILDREN ABOUT COVID-19

https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/talking-with-children.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fcommunity%2Fschools-childcare%2Ftalking-with-children.html

<https://childmind.org/article/talking-to-kids-about-the-coronavirus/>

<https://kidpowercs.org/helping-children-regain-their-emotional-safety-after-a-tragedy/>

RESOURCES CONTINUED...

RESOURCES FOR PARENTS

[HTTPS://WWW.HEALTH.STATE.MN.US/COMMUNITIES/MENTALHEALTH/CHILDREN](https://www.health.state.mn.us/communities/mentalhealth/children)

[HTTPS://WWW.DHS.PA.GOV/PROVIDERS/PROVIDERS/PAGES/CORONAVIRUS-CITIZEN-RESOURCES.ASPX](https://www.dhs.pa.gov/providers/providers/pages/coronavirus-citizen-resources.aspx)

[HTTPS://WWW.VALLEYYOUTHHOUSE.ORG/COVID-19-RESOURCES-FOR-YOUTH-FAMILIES/](https://www.valleyyouthhouse.org/covid-19-resources-for-youth-families/)

[HTTP://WWW.7-DIPPITY.COM/DOCS/HELPING-CHILDREN-COPE-WITH-COVID-19-\(7-DIPPITY-WEB-VERSION\).PDF](http://www.7-dippity.com/docs/helping-children-cope-with-covid-19-(7-dippity-web-version).pdf)