

## **COVID-19 RESOURCES FOR CLINICIANS AND PARENTS**

### **CLINICIAN RESOURCES**

<http://pages.apa.org/wellness-webinars/>

<https://www.apa.org/news/apa/2020/03/psychologists-self-care>

<https://www.apa.org/practice/programs/dmhi/research-information/pandemics>

<https://www.samhsa.gov/find-help/disaster-distress-helpline>

<https://www.nasponline.org/resources-and-publications/resources-and-podcasts/covid-19-resource-center>

[https://www.apaservices.org/practice/ce/self-care/health-providers-covid-19?\\_ga=2.73909586.1984486357.1586359422-1091253058.1525710767](https://www.apaservices.org/practice/ce/self-care/health-providers-covid-19?_ga=2.73909586.1984486357.1586359422-1091253058.1525710767)

<https://www.apa.org/news/apa/2020/03/newly-remote-workers>

<https://gerocentral.org/clinical-toolbox/covid-19-resources/>

[https://www.nctsn.org/sites/default/files/resources/fact-sheet/taking\\_care\\_of\\_yourself.pdf](https://www.nctsn.org/sites/default/files/resources/fact-sheet/taking_care_of_yourself.pdf)

<https://www.nctsn.org/resources/family-resilience-and-traumatic-stress-guide-mental-health-providers>

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

<https://www.apa.org/topics/covid-19/telehealth-children>

<https://www.apa.org/research/action/children-disabilities-covid-19>

[https://www.researchgate.net/publication/340066049\\_COVID-19\\_Tips\\_Building\\_Rapport\\_with\\_Youth\\_via\\_Telehealth](https://www.researchgate.net/publication/340066049_COVID-19_Tips_Building_Rapport_with_Youth_via_Telehealth)

<https://www.apa.org/practice/programs/dmhi/research-information/telepsychological-services-checklist>

<https://apa.content.online/catalog/product.xhtml?eid=15132&eid=1921>

<https://www.apa.org/pubs/highlights/spotlight/issue-157>

### **PARENT RESOURCES**

[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?ck\\_subscriber\\_id=342989428%2a0](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?ck_subscriber_id=342989428%2a0)

<https://www.nctsn.org/resources/simple-activities-children-and-adolescents>

<https://www.apa.org/research/action/children-disabilities-covid-19.html>

<https://www.apa.org/education/coping-webinar-students>

<https://www.cde.state.co.us/learningathome>

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

<https://covid19.colorado.gov/>

<https://email.nationalgeographic.com/H/2/v4000001714aad5e16a0cecdf4bbe5cfc0/6274b412-a35a-44c3-ab62-0896c5e77b90/HTML>

<https://www.nextavenue.org/special-report/the-coronavirus-outbreak-what-you-need-to-know/>

<https://www.pbs.org/parents/>

<https://www.sesamestreet.org/caring>

<https://www.apa.org/news/apa/2020/03/self-care-older-adults>

<https://www.apa.org/news/apa/2020/03/newly-remote-workers>

<https://www.apa.org/news/apa/2020/03/covid-19-leadership>

<https://newpaltz.edu/media/idmh/covid-19/IDMH%20COVID19%20Community%20Stress%20Management%20Tip%20Sheet%202020%20Final.pdf>

[https://www.nctsn.org/sites/default/files/resources/fact-sheet/outbreak\\_factsheet\\_1.pdf](https://www.nctsn.org/sites/default/files/resources/fact-sheet/outbreak_factsheet_1.pdf)

<https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus>

<https://ptaourchildren.org/help-manage-covid-19-anxiety/>

<https://www.apa.org/research/action/children-disabilities-covid-19>

APA Resources w/ads:

<https://www.nbcnews.com/better/lifestyle/7-ways-set-boundaries-when-working-home-ncna1172131>

[https://www.washingtonpost.com/local/education/teens-are-discovering-a-cure-for-coronavirus-anxiety-walks-no-phones-allowed/2020/03/26/ca2e36ba-6c40-11ea-aa80-c2470c6b2034\\_story.html](https://www.washingtonpost.com/local/education/teens-are-discovering-a-cure-for-coronavirus-anxiety-walks-no-phones-allowed/2020/03/26/ca2e36ba-6c40-11ea-aa80-c2470c6b2034_story.html)

<https://www.cnn.com/2020/03/23/how-to-deal-with-productivity-related-anxiety-during-covid-19.html>

<https://www.cnn.com/2020/03/27/health/how-to-do-breathing-meditation-coronavirus-wellness/index.html>

<https://www.today.com/health/miss-gym-yoga-hiit-social-distance-dancing-stream-these-workout-t176820>