

# Coping with COVID-19

## Supportive Resource Links



### **American Foundation for Suicide Prevention:**

[🔗 Taking Care of Your Mental Health in the Face of Uncertainty](#)

### **CDC (Center for Disease Control):**

[🔗 COVID-19: Manage Anxiety & Stress](#)

[🔗 Helping Children Cope with Emergencies](#)

[🔗 Taking Care of your Emotional Health](#)

### **Florida Blue:**

[🔗 24/7 Bilingual Helpline Open to Provide Emotional Support during COVID-19 Health Crisis: \*\*833-848-1762\*\*- free service](#)

### **National Child Traumatic Stress Network:**

[🔗 Parent/Caregiver Guide to Helping Families Cope with the Coronavirus Disease \(COVID 19\)](#)

### **National Association of School Psychologists:**

[🔗 Talking to Children About COVID-19 \(Coronavirus\): A Parent Resource](#)

### **SAMHSA (Substance Abuse and Mental Health Administration)**

[🔗 Coping with Stress During Infectious Disease Outbreaks](#)

[🔗 Taking Care of Your Behavioral Health- Tips for Social Distancing, Quarantine, and Isolation During an Infectious Disease Outbreak](#)

[🔗 Your Recovery is Important: Virtual Recovery Resources](#)

**National Disaster Distress Hotline **1-800-985-5990** or Text **TalkWithUs** to **#66746****

