

# Mental Health Resources

**From: CarePlus NJ:**

<https://www.nctsn.org/resources/parent-caregiver-guide-to-helping-families-cope-with-the-coronavirus-disease-2019>

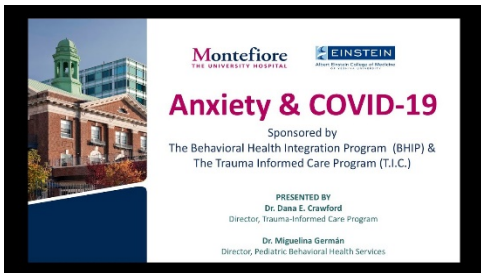


## Parent/Caregiver Guide to Helping Families Cope With the Coronavirus Disease 2019 - The National Child Traumatic Stress Network

Provides information for parents and caregivers about infectious disease outbreaks in your community. Knowing important information about the outbreak and learning how to be prepared can reduce stress and help calm likely anxieties.

[www.nctsn.org](http://www.nctsn.org)

<https://www.youtube.com/watch?v=awmQDitkN1M>



## Anxiety and COVID-19 - YouTube

The webinar is aimed toward adults who have to go to work during COVID-19. It gives you skills to calm down right now, as well as ways to maintain optimal health. It is about 20 minutes long ...

[www.youtube.com](http://www.youtube.com)

<https://www.acesconnection.com/blog/my-kid-s-school-is-closed-so-now-what-supporting-your-children-s-social-emotional-and-mental-health-during-the-covid-19-pandemic>

[MY KID'S SCHOOL IS CLOSED,  
SO NOW WHAT? Supporting  
your Children's Social, Emotional,  
and Mental Health During the  
COVID-19 Pandemic  
\[ConfidentParentsConfidentKids.o  
rg\] | ACEsConnection](#)

By Guest Author, Pamela McVeagh-Lally As the spread of COVID-19 causes more and more school closures across the United States, we, parents and caregivers, are faced with the daunting reality of needing to stay at home with our children for weeks and possibly months. While educators are working hard to prepare take home packets and online resources to support our children's continued academic ...  
[www.acesconnection.com](http://www.acesconnection.com)

<http://www.sprc.org/news/resources-support-mental-health-coping-coronavirus-covid-19>

[Resources to Support Mental Health and Coping with the  
Coronavirus \(COVID-19\) | Suicide Prevention Resource Center -  
sprc.org](#)

Step 1: Describe the Problem and Its Context ; Step 2: Choose Long-Term Goals ; Step 3:  
Identify Key Risk and Protective Factors  
[www.sprc.org](http://www.sprc.org)

Great resource for younger kids:

<https://www.pbs.org/parents/thrive/how-you-and-your-kids-can-de-stress-during-coronavirus>



## [How You and Your Kids Can De-Stress During... | PBS KIDS for Parents](#)

If you are feeling stress about COVID-19, you are not alone. Here are some tools for kids and parents to use to help navigate these worries and stresses in this or any situation.

[www.pbs.org](http://www.pbs.org)

<https://app.mystrength.com/signup/cpnj?pc=careplusweb>

## [Welcome to myStrength](#)

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[app.mystrength.com](http://app.mystrength.com)