

# Mental Health Resources during COVID-19

- ❖ **Care for your Anxiety**  
<https://www.virusanxiety.com/>
  
- ❖ **Helping Children and Teen Cope with Anxiety About Covid – 19**  
(Seattle Children's) <https://pulse.seattlechildrens.org/helping-children-and-teens-cope-with-anxiety-covid-19/>
  
- ❖ **Helping Teens with Anxiety**  
(Therapist at Pax Renewal Center, focused on teens)  
<https://www.facebook.com/roypetitfilms/videos/10163540601460554/UzpfSTE5NTkwMjMxNzQyMTI1NTg6Mjc1NzQ1Mzg3NzczwMjgxMw/>
  
- ❖ **Explaining Coronavirus to Young to Young Kids and addressing Emotions** <https://www.mindheart.co/descargables>
  
- ❖ **Help Students Overcome their Fears with Coronavirus**  
[https://gregstier.dare2share.org/how-to-help-your-teens-overcome-their-fears-of-the-coronavirus-pandemic?utm\\_campaign=Greg%20Stier%20Blog&utm\\_source=hs\\_email&utm\\_medium=email&utm\\_content=84782577&hsenc=p2ANqtz-ICRJqAe1Nqx\\_E-rpN8K3PXMkQz6lDuAEuo7QhPXAPM06RrYinafjQ77i2\\_ajN0ra3KKHr0kD9ZRzljvtNG6iq8h4jQ&hsmi=84782577](https://gregstier.dare2share.org/how-to-help-your-teens-overcome-their-fears-of-the-coronavirus-pandemic?utm_campaign=Greg%20Stier%20Blog&utm_source=hs_email&utm_medium=email&utm_content=84782577&hsenc=p2ANqtz-ICRJqAe1Nqx_E-rpN8K3PXMkQz6lDuAEuo7QhPXAPM06RrYinafjQ77i2_ajN0ra3KKHr0kD9ZRzljvtNG6iq8h4jQ&hsmi=84782577)