Mental Health Resources during COVID-19

❖ Care for your Anxiety  
https://www.virusanxiety.com/

❖ Helping Children and Teen Cope with Anxiety About Covid – 19  

❖ Helping Teens with Anxiety  
(Therapist at Pax Renewal Center, focused on teens)  
https://www.facebook.com/roypetitfils/videos/10163540601460554/UzpfSTE5NTkwMjMxNzQyMTI1NTg6Mjc1NzQ1Mzg3NzcwMjgxMw/

❖ 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-_ICRJqAe1NqxF-E-rpN8K3PXMcQz6lDuAEu07QhPXAPM06RrYinafjIiQ77i2_ajN0ra3KKHr0kJD9ZRa7i_jvtNG6iq8h4jQ&_hsml=84782577