**Resources for Talking with Children and Youth about COVID-19**

**Child Mind Institute**

* **Supporting Kids During the COVID-19 Crisis: Tips for nurturing and protecting children at home** [https://childmind.org/article/supporting-kids-during-the-covid-19-crisis](http://r20.rs6.net/tn.jsp?f=001DZ2D3oEwFvKs6WJp4CbRre6Q8l5Qc1Kchh2iJdpvYaHs6n45CPhCYsTQfPOfoKgq2hzreHBXK7SgBoEwdd9s6VyhjuZrLj3hNe5t2f6ZD9D73FxEABHH77qMwUwmTcgucjbPrNttkbi6rU2Te92bIVSaoGaCOCDu0Cv1NIbjpWXQeU5yTu_HgwDe-Cuc5D2vQvmzVLoERYOSxEOYyRFlRQ==&c=Mq3jfVq1eCALy1n3bROe74LJnZjRmUi_gD8CNGEFy-VtiSXlFQbM5w==&ch=zmWeGxqdQkQOJNABy4jqF733HvP09TZBkIuzu-ynPS5vvswqEeHFAg==)
* **How to Avoid Passing Anxiety on to Your Kids** [https://childmind.org/article/how-to-avoid-passing-anxiety-on-to-your-kids/](http://r20.rs6.net/tn.jsp?f=001DZ2D3oEwFvKs6WJp4CbRre6Q8l5Qc1Kchh2iJdpvYaHs6n45CPhCYsTQfPOfoKgqEv7wrfeBvDlRp2k-P8sPqN4el6cFAp0b_sSugsZEi9bieve8AIoaUwdRh97Bj-WDFxq6qVzOMW_l3CbXCM_uH5H7kaeOzl6BWQ-BiiRdFQLmVeOpraC7Vresnd46adAWmnm3j3P1mTZUvKs6jeHRI1N--mtoIPtu&c=Mq3jfVq1eCALy1n3bROe74LJnZjRmUi_gD8CNGEFy-VtiSXlFQbM5w==&ch=zmWeGxqdQkQOJNABy4jqF733HvP09TZBkIuzu-ynPS5vvswqEeHFAg==)

**Humanity Crew**

* **Video Talking to Kids About the Coronavirus** [https://www.facebook.com/HumanityCrew/videos/201670141106110/](http://r20.rs6.net/tn.jsp?f=001DZ2D3oEwFvKs6WJp4CbRre6Q8l5Qc1Kchh2iJdpvYaHs6n45CPhCYsTQfPOfoKgquCl78_EeIX83aw16o43ywndyTk7ipmrYfeV_oBO-IjgiR8eXwGazDRhKaBt8zk4AflNc9I8i2lQIzFnlj598E4pePd98nFKdu2fUOSHQ63UAApXdu0fGLeWj5tmASCbj-bEr1Vgm8c4=&c=Mq3jfVq1eCALy1n3bROe74LJnZjRmUi_gD8CNGEFy-VtiSXlFQbM5w==&ch=zmWeGxqdQkQOJNABy4jqF733HvP09TZBkIuzu-ynPS5vvswqEeHFAg==)

**Child Traumatic Stress Network**

* **Parent Caregiver Guide to Helping Families Cope with the Coronavirus** [https://www.nctsn.org/resources/parent-caregiver-guide-to-helping-families-cope-with-thecoronavirus-disease-2019-ch](http://r20.rs6.net/tn.jsp?f=001DZ2D3oEwFvKs6WJp4CbRre6Q8l5Qc1Kchh2iJdpvYaHs6n45CPhCYsTQfPOfoKgqegRfdw80E6EYpAqavSr18vBWXvzmVyS0jNdYP9zbxevCIbPstF3Mc-CdU1Dp5GbQ9Y3zstSqJbi37O76Vv9FM48yxcZEVEL20fH6a9MOAX6-uVOwyP1KhJL13-bphPmQ_HYBVHsBby3JGd68tEIaaBw8t5_EvHKkvmxeA9c641v5d9dzeS6WshCOOEaMfO_gC25aYWMrkAk=&c=Mq3jfVq1eCALy1n3bROe74LJnZjRmUi_gD8CNGEFy-VtiSXlFQbM5w==&ch=zmWeGxqdQkQOJNABy4jqF733HvP09TZBkIuzu-ynPS5vvswqEeHFAg==)
* **Guía de ayuda para padres y cuidadores para ayudar a las familias a enfrentar la enfermedad Coronavirus 2019 (COVID-19)** [https://www.nctsn.org/resources/parent-caregiver-guide-to-helping-families-cope-with-thecoronavirus-disease-2019-sp](http://r20.rs6.net/tn.jsp?f=001DZ2D3oEwFvKs6WJp4CbRre6Q8l5Qc1Kchh2iJdpvYaHs6n45CPhCYsTQfPOfoKgqUQF9-paotrj6zGqhJtsP79rHDZpjFNyCIpwaSSy5P9H0mT5dQrmCysZ9nl7L_gp-FeADZHF85cOIuI2oQqnebWXmAxq1gxm7zK4shYqm_BDbwWXqUnN6Nxx1C5OYV_O3FSBWuqjJFTsMRNAfP1McLpQIPBfXzl0wkz5kh6jV3wcqx_91-471fD-78MNcu6UglvhfzxI7teg=&c=Mq3jfVq1eCALy1n3bROe74LJnZjRmUi_gD8CNGEFy-VtiSXlFQbM5w==&ch=zmWeGxqdQkQOJNABy4jqF733HvP09TZBkIuzu-ynPS5vvswqEeHFAg==)

**Mental Health America**

* **Mental Health and COVID-19 Information and Resources** [https://mhanational.org/covid19](http://r20.rs6.net/tn.jsp?f=001DZ2D3oEwFvKs6WJp4CbRre6Q8l5Qc1Kchh2iJdpvYaHs6n45CPhCYsTQfPOfoKgq5wH84IolHGoCn8vYPh1Q7COwyOf_Kkrlx975NhdbCYU96EJ14EuNKeBEyiWOuyUEPWR8vFOVSX0ArvZgOVt3yDvCTU9JTaAR&c=Mq3jfVq1eCALy1n3bROe74LJnZjRmUi_gD8CNGEFy-VtiSXlFQbM5w==&ch=zmWeGxqdQkQOJNABy4jqF733HvP09TZBkIuzu-ynPS5vvswqEeHFAg==)

**SAMHSA**

* **Tips For Social Distancing, Quarantine, And Isolation During An Infectious Disease Outbreak** [https://www.samhsa.gov/sites/default/files/tips-social-distancing-quarantine-isolation031620.pdf](http://r20.rs6.net/tn.jsp?f=001DZ2D3oEwFvKs6WJp4CbRre6Q8l5Qc1Kchh2iJdpvYaHs6n45CPhCYsTQfPOfoKgqf18rSTbAMafUA13jDzCuKWgFT2PCCPdurJxNAzz23K8n8PMKUmerHZKV0MVSydIqO5145GaD6U22LeqhmAZnIcbr2AZhJO1jhn3v3Y9PpRjS7xgaY1DjzFYMuizEUGpIx8YUBqJM55Y1FckA0qt57j8RC4VFSg7NvqjfUvLWmW8Q0UpzxTh4esoZhd1z-sd4&c=Mq3jfVq1eCALy1n3bROe74LJnZjRmUi_gD8CNGEFy-VtiSXlFQbM5w==&ch=zmWeGxqdQkQOJNABy4jqF733HvP09TZBkIuzu-ynPS5vvswqEeHFAg==)

**Additional COVID-19 Resources**

* <https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>
* <https://emergency.cdc.gov/coping/index.asp>
* <https://paautism.org/resource/coronavirus-resources/>