

SOCIAL EMOTIONAL RESOURCES FOR FAMILIES

Protect Your Child's Mental Wellness During the COVID-19 Pandemic

<https://health.usnews.com/wellness/for-parents/articles/protect-your-family-mental-health-during-the-covid-19-pandemic>

Confident Parents, Confident Kids

<https://confidentparentsconfidentkids.org/>

Tools and Strategies to Support Mental Wellness During this Uncertain Time (Strategies/Mental Moments)

<https://www.effectiveschoolsolutions.com/covid19>

Helping Children Cope with Changes Resulting from COVID-19

<https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/helping-children-cope-with-changes-resulting-from-covid-19>

Take a Break, Keep Perspective, Be Kind in Uncertain Times

<https://www.mindfulschools.org/personal-practice/take-a-break-keep-perspective-be-kind-in-uncertain-times/>

Self-Care Starter Kit

<https://socialwork.buffalo.edu/resources/self-care-starter-kit.html>

Care for Caregivers: Tips for Families and Educators

<https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/mental-health-resources/care-for-caregivers-tips-for-families-and-educators>

How to Get More Sleep Tonight

<https://www.nytimes.com/2020/03/25/style/self-care/sleep-tips-benefits-coronavirus.html>

COVID-19 Well-Being Toolkit and Resources

<https://centerhealthyminds.org/well-being-toolkit-covid19>

Cultivating Purpose in Uncertain Times (Live webinar April 9th)

<https://centerhealthyminds.org/news/events/webinar-cultivating-purpose-in-uncertain-times>

Stress and Coping

https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fprepare%2Fmanaging-stress-anxiety.html

Talking with Children: Tips for Caregivers, Parents, and Teachers During Infectious Disease Outbreaks

<https://store.samhsa.gov/product/Talking-With-Children-Tips-for-Caregivers-Parents-and-Teachers-During-Infectious-Disease-Outbreaks/PEP20-01-01-006>

Managing Anxiety in an Anxiety Provoking Situation (English)

<https://omh.ny.gov/omhweb/guidance/covid-19-managing-stress-anxiety.pdf>

Calm and Take a Deep Breath Meditation

https://www.calm.com/blog/take-a-deep-breath?utm_source=lifecycle&utm_medium=email&utm_campaign=difficult_times_subs_031720

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Resource for Parents During Coronavirus

<https://nyssswa.org/resources-for-parents-during-coronavirus/>

Positive Psychology Grades 9-12

<https://positivepsychology.com/category/resilience/>

Parent Tool Kit Grades K-12

<https://www.parenttoolkit.com/topics/social-and-emotional>

Tips for Talking to Your Child about Coronavirus

<https://childmind.org/article/talking-to-kids-about-the-coronavirus/>

Contact Numbers for Support

Mental Health Association of Nassau County: 516-489-0100 ext. 1

New York State COVID-19 Emotional Support Line: 844-863-9314

Long Island Crisis Center: 516-679-1111

Psychological Services Long Island: 516-818-8383