



COVID-19 Resources

Asking for help is a sign of strength. Help is available.

If you are experiencing a medical emergency, please **CALL 911**
or go directly to your nearest emergency room.

Online Resources:

Anxiety and Depression Association of America: <https://adaa.org/>

Offers resources, articles, and research-based information to help prevent, treat, and cure anxiety, depression, OCD, PTSD, and co-occurring disorders. Article specific to COVID-19 include: [Managing Competition Anxiety While Staying Home](#).

Becoming a Peer - Dr. Steve Treat at TEDxLMSD:

<https://www.youtube.com/watch?v=zEHbao-7GVM>

Video of Dr. Steve Treat, a therapist and former Director and CEO of Council for Relationships, on how parenting adults can “become a peer” to help youth gain a sense of self and build healthy relationships.

Check-in With DeMar Derozan during COVID-19:

<https://www.youtube.com/watch?v=KCJ8ZkbO7dU>

Video of DeMar Derozan, NBA basketball player and parenting adult, virtually interviewing Dr. Kensa Gunter, a licensed clinical sport psychologist, on navigating life at home.

Center for Parent and Teen Communication: <https://parentandteen.com>

Information, videos and plans developed to strengthen family relationships and build youth with character strengths that prepare them for healthy, successful and meaningful lives. Includes information on youth growth and development, communication strategies, building character, health and prevention, and a section for teens. Also includes a Self-Care Plan for parents and a [Stress Management Plan](#) for teens.

Child Guidance Resource Centers: <https://cgrc.org/>

Resources and information to equip youth and parenting adults with evidence-informed behavioral health services and wellness programs. Articles specific to COVID-19 include [talking to your children about coronavirus](#), [supporting your child with autism during COVID-19](#), [understanding grief during a pandemic](#), and [self-care](#). Also available are free [Mental Health Virtual Meet-Ups](#) through Facebook Live for anyone who has questions for a therapist, needs support, and would like to participate in 5-10 minute mental health check-ins.

Child Mind Institute: <https://childmind.org/coping-during-covid-19-resources-for-parents/>

Guidebook explains what to do if you think your child may need help, where to seek help, types of treatment professionals, types of treatment, and what every parent should know about how to get quality care for their child. Resources for parenting adults specific to COVID-19 and related topics include Telehealth, Anxiety, Discipline, Loss, etc. Additional resources specific to [remote learning](#) also provided.

Collaborative for Academic, Social, and Emotional Learning (CASEL):

<https://casel.org/resources-covid/>

Provides guidelines for educators and parenting adults to continue social-emotional learning practices throughout the pandemic. Includes resources in distance learning, self-care strategies, actions for equity, talking to youth about COVID-19, and much more.

Council for Relationships: <https://councilforrelationships.org/clinical-services/>

Search for a virtual therapist by specialty area for family, couples or individual counseling that can be offered on a sliding fee scale.

DeviceKat Discovery Club: <https://devicekat.com>

DeviceKat is a virtual learning experience website empowering families to manage the effects of screens and social media, while building safe and balanced device habits. This site is updated on a weekly basis with new content for kids, parents and families.

Mental Health Technology Transfer Center Network:

<https://mhttcnetwork.org/centers/global-mhttc/responding-covid-19>

Resources and virtual meetings helpful in coping with the effects of COVID-19, including specific links to school and telehealth communities.

Positive Coaching Alliance: <https://positivecoach.org/>

Resources and online courses for athletes, coaches, and parenting adults to support youth through a positive approach. Article specific to COVID-19 include [Using the Sports Shutdown to Recover the Joy of Sports](#).

Q-Tips: <https://www.qtips.org/>

“Tips to turn quarantine time into quality time.” Resources collected and organized for adults, young adults, and kids by the Wolfington siblings. Provides links to virtual museums, home exercises, online classes, free concerts, movies, shows, and many more.

Strategies for Managing Emotions During this Period of Isolation and Stress: [PDF](#)

Information compiled by Joanna Fava, MA, PhD, from various sources including DBT Skills Training Handouts and Worksheets by Marsha Linehan and further enhanced with resources from Melanie A. Katzman, PhD.

Disclaimer:

Being included in SpeakUp!'s list of resources is not an endorsement and SpeakUp! Is not responsible for the content of or services provided by any of these listings. We are constantly researching resources and services to make it easier to continue to talk about tough topics in a way that strengthens relationships and leads to guidance and support. If you have a suggestion for our list, please email Ann Bernicker at abernicker@speakup.org