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COVID-19 Resources: Social and Emotional Learning, Wellness, and Mental Health

[**Taking Care of Your Mental Health in the Face of Uncertainty \(AFSP\)
Coronavirus: Multilingual Resources for Schools \(Colorín Colorado\)**](#)

[**Tips For Social Distancing, Quarantine, and Isolation During an
Infectious Disease Outbreak \(SAMHSA\)**](#)

[**K-12 Learning During a Pandemic: Why We Need to Slow Down for
Mental Health's Sake \(Latino Rebels\)**](#)

[**Parent and Caregiver SEL Resources During COVID-19 \(CASEL\)**](#)

[**Parent/Caregiver Guide to Helping Families Cope With the
Coronavirus Disease 2019 \(COVID-19; NCSTN\)**](#)

[**Talking With Children: Tips for Caregivers, Parents, and Teachers
during Infectious Disease Outbreaks \(SAMHSA\)**](#)

[**Apps and tools to provide you with some extra support in an
emotionally safe environment \(Vibrant Emotional Health\)**](#)

[**Educator SEL Resources During COVID-19 \(CASEL\)**](#)

[**Helping Children After Tragic Events: Stop Watching, Start Talking
\(NYS DOH\)**](#)

[**Ayudando a los niños después de los acontecimientos trágicos: dejar
de ver, empieza a hablar \(NUS DOH\)**](#)

[**Videos: Behavior Support at Home \(PNW BOCES\)**](#)

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[**Videos: Mindfulness Minutes \(PNW BOCES\)**](#)

[**Videos: Momentos de Bienestar \(PNW BOCES\)**](#)

[**Video: How to Eat Mindfully \(The Science of Happiness\)**](#)

[**How to use social distancing to get closer to your friends and family \(CUCARD\)**](#)

[**For All: Stress and Coping \(CDC\)**](#)

[**Addressing Grief \(NASP\)**](#)

[**Feeling Stressed About Coronavirus? \(NYS OMH\)**](#)

[**¿Se siente estresado por el coronavirus \(COVID-19\)? \(NYS OMH\)**](#)

[**Video: Strategies for Being Your Best Possible 'SEL'f \(CASEL, Marc Brackett\)**](#)

[**Tips for Managing Virtual Instruction during the COVID-19 Crisis \(NJEA\)**](#)

[**Supporting Childrens' Emotional Well-being during the COVID-19 Pandemic \(Child Trends\)**](#)

[**Child Trends - COVID-19 Resources**](#)

[**Building Resiliency: Helping Children Learn to Weather Tough Times \(NASP\)**](#)

[**NASP COVID-19 Resource Center**](#)

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[**Resource Center - Self-Care for School Psychologists \(NASP\)**](#)

[**Tools for Behavioral Health Professionals During a Public Health Crisis \(Northeast & Caribbean MHTTC\)**](#)

[**Taking Care of Yourself During a Public Health Emergency \(Northeast & Caribbean MHTTC\)**](#)

[**New York State School Social Workers' Association - Coronavirus School Response Resources**](#)

[**Department of Community Mental Health offers support to Westchester County residents to help them cope with the impact of COVID-19**](#)

[**Emotional Wellbeing and Coping Tips During the COVID-19 Outbreak \(National Suicide Prevention Lifeline\)**](#)

[**Webinar: Mental Health and Wellness 101 for Families \(MHANYS\)**](#)

[**Webinar: Coping With a Crisis \(MHANYS\)**](#)

[**Underage and Problem Gambling Awareness Toolkit for Education Settings \(NYCPG\)**](#)

[**National Suicide Prevention Lifeline**](#)

[**Ayuda para la prevención del suicidio en español \(National Suicide Prevention Lifeline\)**](#)

[**Considerations for Delivery of School Psychological Telehealth Services \(NASP\)**](#)

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[**Webinar: When One Door Closes and Another Opens - School Psychologists Providing Telehealth Services \(NASP\)**](#)

[**SAMHSA Coronavirus \(COVID-19\) Resources**](#)

[**National Wraparound Implementation Center Special Guidance Report: Managing and Responding to Coronavirus \(COVID-19\)**](#)

[**COVID-19 Telehealth Toolkit \(NCTRC\)**](#)

[**National Queer and Trans Therapists of Color Network - Radical Syllabus**](#)

[**Telehealth Resource Webliography for COVID-19 Pandemic \(NTRC\)**](#)

[**APA Telepsychology Resources**](#)

[**Webinar: APA Telepsychology Best Practice 101 Series**](#)

[**Telehealth Tips: Managing Suicidal Clients During the COVID-19 Pandemic \(NYSPI\)**](#)

[**Notification of Enforcement Discretion for Telehealth Remote Communications During the COVID-19 Nationwide Public Health Emergency \(U.S. Department of Health & Human Services\)**](#)