

Resources for Children and Their Parents

A Comic about Covid19

<https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus>

Online Videos

The Struggle Switch - Dr Russ Harris

<https://www.youtube.com/watch?v=rCp1l16GCXI>

Articles

Talking to Children about Coronavirus

<https://www.health.harvard.edu/blog/how-to-talk-to-children-about-the-coronavirus-2020030719111>

Children's Books

Hey Warrior! - Karen Young

When my Worries get too Big - Kari Dunn Buron

What to DO When You Worry Too Much - Dawn Heubner

William Jean and the Worry Machine - Julia Cook

When Worry Takes Hold - Liz Haske

Online Activity Ideas for Children

<https://www.parents.com/familyfun-magazine/>

<https://www.goodhousekeeping.com/home/craft-ideas/how-to/g1389/diy-kids-activities/>

General Parenting Books

123 Magic – Thomas Phelan

The Collapse of Parenting – Leonard Sax

Boys Adrift- Leonard Sax

Girls on the Edge= Lenard Sax

Resources for Adults

General Resources for Emotional Well Being

Podcast

The Happiness Lab- Dr Laurie Santos

Websites

CDC: https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fabout%2F coping.html

National Institute of Mental Health (NIMH): <https://www.nimh.nih.gov/index.shtml>

Online Video

Face Covid- How to Respond Effectively to the Corona Crisis- Dr. Russel Harris

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

Visual

Face Covid Poster- Dr. Russel Harris

https://www.researchgate.net/publication/340077829_FACE_COVID_PosterCreated_from_Russ_Harris'_FACE_COVID_ACT_resource

Domestic Abuse Resources

Domestic abuse hotline: 1800-787-7233

Prevail: <https://prevailinc.org/>

Crisis 24/7: 317-776-3472 Office: 317- 773-6942

When Georgia Smiled: <https://www.whengeorgiasmiled.org/>

Indiana Child Abuse and Neglect Hotline: 1-800-800-5556

Addiction Resources

Online AA Meetings: https://www.aa.org/pages/en_US/options-for-meeting-online

Substance Abuse and Mental Health Services Administration (SAMHSA):

<https://www.samhsa.gov/>