

COVID-19 Resources

1) How to survive coronavirus anxiety: 8 tips from mental health experts

<https://www.today.com/health/how-survive-coronavirus-anxiety-8-tips-mental-health-experts-t175092>

2) Mental Health America of Georgia: COVID-19 Resources

<https://www.mhageorgia.org/covid19/>

3) Manage Stress & Anxiety

Center for Disease Control and Prevention (CDC): Coronavirus Disease 2019

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

4) COVID-19 Lockdown Guide: How to Manage Anxiety and Isolation During Quarantine

Anxiety and Depression Association of America

<https://adaa.org/learn-from-us/from-the-experts/blog-posts/consumer/covid-19-lockdown-guide-how-manage-anxiety-and>

5) How to Ease Children's Anxiety About COVID-19

National Alliance on Mental Health

<https://www.nami.org/Blogs/NAMI-Blog/March-2020/How-to-Ease-Children-s-Anxiety-About-COVID-19>

6) Supporting Families During COVID-19

Child Mind Institute

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

7) How to Help Someone with Anxiety and Depression During COVID-19

Mental Health First Aid

<https://www.mentalhealthfirstaid.org/2020/03/how-to-help-someone-with-anxiety-or-depression-during-covid-19/>