

Health and Mental Health Resources

- [Positive supports during COVID-19-parenting- you are enough](#)
- [How to explain COVID-19 in plain language](#)
- [Child Mind Institute:](#)
 - <https://childmind.org/coping-during-covid-19-resources-for-parents/#autism>
 - <https://signup.e2ma.net/signup/1917784/1800565/>
 - <https://childmind.org/coping-during-covid-19-resources-for-parents/>
- [General resources](#)
- [Daily Email Tips](#)
- [Facebook Live Videos](#)
- [General Mental Health Resources:](#)
- [Supporting People with Autism](#)
- [Relaxation/Stress Management Group - Progressive Muscle Relaxation \(PMR\)](#)
- [NIH, NCCIH benefits of meditation](#)
- [Free Meditation Resources](#)
 - [UCLA Mindful app](#)
 - [Free Fragrant Heart Guided Meditation Audio](#)
 - [The Daily Calm YouTube channel](#)
- [Recovery and Wellness Support Resources for the COVID-19 Outbreak](#)
- [Care for Your Coronavirus Anxiety - Virus Anxiety](#)
 - [Crisis text line - text **741741** to talk with a crisis counselor. Available 24/7](#)
- [SAMHSA Resources and Information](#)
 - [The Disaster Distress Helpline, 1-800-985-5990. 24/7, 365-day-a-year](#)
 - [Text **TalkWithUs to 66746** to connect with a trained crisis counselor.](#)
- [American Psychological Association \(APA\) Covid-19 resource page](#)
- [National Alliance on Mental Illness \(NAMI\)](#)
- [Mental Health America](#)
- [National Advocacy Campaign](#)
- [PsychHub - COVID-19 Mental Health Resource Hub](#)

- [Center for Disease Control \(CDC\) - Covid-19 Coping with Stress](#)
- [National Council for Behavioral Health - Resources and tools for addressing Covid-19](#)
- [National Association of Councils on Developmental Disabilities - Covid-19 Resources](#)