

Resource	Agency	Description
Adolescent Health Library	HHS - Office of Population Affairs	OAH has identified a number of federal adolescent health resources, including tips, factsheets, and other publications. These materials are curated regularly.
Teen Health: Mind	Teens Health (from Nemours)	Education for Parents, Teens, Kids and educators on mental and physical health
Practicing resilience during social distancing	Aces Connection	multiple resources for schools, districts, teachers and parents
COVID-19: Resources for Parents and Teens	Society for Adolescent Health and Medicine (SAHM)	SAHM has assembled resources addressing several topics including: teen mental health and coping; parenting and caring for one's family; resources for online education;
Coping with Stress	CDC	Education and links for coping with stress (not adolescent specific)
Self-Care Tools During COVID-19	Classroom Mental Health-University of Michigan	Student self-care toolkit, multiple resource links. Resources to Support School Staff
Countering COVID-19 Stigma and Racism: Tips for Parents and Caregivers	National Association of School Psychologists (NASP)	Tips for parents and caregivers
Helping Children Cope with Changes Resulting from COVID-19	NASP	Tips for parents and caregivers

How to Ease Children's Anxiety About COVID-19	National Alliance on Mental Illness (NAMI)	Practical steps
7 Ways to Support Kids and Teens Through the Coronavirus Pandemic	The Clay Center for Young Healthy Minds	Guidance for kids by developmental level
How to talk to your kids about coronavirus (YouTube)	Mass General Hospital	YouTube Video
Self-Care Strategies for Resilience	American Foundation for Suicide Prevention	PDF
Supporting Families During COVID-19	Child Mind Institute	Parent guide and multiple resource links
Zerotothrive.org	Zero to Thrive, University of Michigan	A searchable database of links to a number of community and online resources, organized by categories.
How to Help Children Manage Fears	Child Mind Institute	Article with practical applications
Helping young kids through the Coronavirus Crisis	Zero to Thrive, University of Michigan	Parent handout PDF
Self-Care for Resilience- Resources	The Clay Center for Young Healthy Minds	student videos for middle and high school, multiple resource links
Parenting with ACEs in a pandemic	Aces Connection	videos, multiple resources for schools, districts, teachers and parents

Mind Shift App		App
Head Space App		App