

## Mental Health and COVID19

As the coronavirus pandemic affects ever larger aspects of normal life, it can also affect each person in different ways. We are all feeling uncertain about what could happen in the coming weeks as we hope the spread of the pandemic slows. Feelings of anxiety and uncertainty are completely normal during times like this.

**It is important to realize that social distancing does not have to mean social isolation, especially with modern technologies available to many of us. Connecting with our friends and loved ones, whether by high tech means or through simple phone calls, can help us maintain ties during stressful days ahead and will give us strength to weather this difficult passage.**

If you need support coping with the events of the last few weeks, there is advice and help available. [The Centers for Disease Control and Prevention \(CDC\) has a web page](#) with information on dealing with fear, anxiety, and stress brought on by the coronavirus pandemic. A section of this CDC page is specifically geared toward those of us with children, as they can be particularly sensitive to uncertainty.

For additional shareable resources for those with children, see this [NPR story](#) and this article and video from the [Child Mind Institute](#).

For those with behavioral health conditions, be sure to continue your treatment regimens. During this time when we must be mindful of social distancing, consider developing a plan for telehealth sessions with your provider. And, reach out to friends and family for support.

Below you can find some additional useful resources:

American Academy Of Child and Adolescent Psychiatry:  
[Talking to children about the coronavirus](#)

US Centers for Disease Control & Prevention (CDC):  
[Mental Health and Coping During COVID-19](#)  
[Coping with Stress](#)  
[Taking Care of your Emotional Health](#)  
[Helping Children Cope with Emergencies](#)

American Academy of Pediatrics (AAP):  
[RedBook Online COVID-19 Outbreak page](#)

World Health Organization (WHO):  
[Q&A on coronaviruses](#)

American Psychiatric Association (APA):

[Coronavirus & Mental Health: Taking Care of Ourselves During Infectious Disease Outbreaks](#)

Center for the Study of Traumatic Stress (CSTS):  
[Taking Care of your Family during Coronavirus Fact Sheet](#)

The National Child Traumatic Stress Network:  
[Parent/Caregiver Guide to Helping Families Cope with COVID-19](#)

The New York Times:  
[Talking to Teens & Tweens about Coronavirus](#)