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Mental Health Resources

These are difficult times and these resources may be helpful to you and your family.

All ages:

Every Mind – range of great mental health articles plus crisis resources

<https://www.every-mind.org/7493-2/>

Brain Pop- interactive COVID resource with games and videos. Super cute

<https://www.brainpop.com/health/diseasesinjuriesandconditions/coronavirus/>

Adults/Parents:

Adult resource guide from the National Alliance on Mental Illness

<https://www.nami.org/getattachment/About-NAMI/NAMI-News/2020/NAMI-Updates-on-the-Coronavirus/COVID-19-Updated-Guide-1.pdf>

Mindful- mindfulness recourses for COVID

For adults:

<https://www.mindful.org/free-mindfulness-resources-for-calm-during-covid-outbreak/>

This for parents:

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

Adolescents/teens:

Vibrant/Safe Space is a very cool web-based tool to give to teens

https://www.vibrant.org/safespace/?_ga=2.163107967.271901039.1584989239-580228831.1584989239

How to help teens shelter in place

<https://greatergood.berkeley.edu/article/item/how-to-help-teens-shelter-in-place>

Youth Mental Health Project offers links to several good articles plus tips for teens and self-care

<https://ymhproject.org/covid-19-and-the-mental-health-of-your-children/>

This is great for all post partum not specific to COVID (but they have some related resources and just support in general which encompasses COVID) they have resources for all different areas:

<https://www.postpartum.net/>