

Mental Health Resources for Kids and Parents During Social Distancing and Quarantine



“At many times throughout their lives, children will feel the world has turned topsy-turvy. It’s not the ever-present smile that will help them feel secure. It’s knowing that love can hold many feelings, including sadness, and that they can count on the people they love to be with them until the world turns right side up again”
- Fred Rogers

For Caregivers & Children

- [What Kids Want To Know About Coronavirus: An Original Comic : Goats and Soda](#)
- [Talking to Children About COVID-19 \(Coronavirus\): A Parent Resource](#)
- [How to Talk to Your Kids About COVID-19 \(Spanish\)](#)
- [How to Avoid Passing Anxiety on to Your Kids](#)
- [Helping Children Cope with Emergencies](#)
- [Caregiver Guide to Helping Families Cope with COVID-19](#)

For Adults

- [Coping With Stress During Infectious Disease Outbreaks](#)
- [Managing Stress and Anxiety During the COVID-19 Outbreak](#)
- [Tips for Social Distancing, Quarantine, and Isolation During an Infectious Disease Outbreak](#)
- [Living with Mental Illness during COVID-19 Outbreak–Preparing for your wellness](#)

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