

COVID-19 Resources

NYSSCA: Dealing with Anxiety

<https://omh.ny.gov/omhweb/guidance/covid-19-managing-stress-anxiety.pdf>

CDC: Stop the spread of Covid-19

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/index.html>

CDC: Stress and Coping skills

https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fprepare%2Fmanaging-stress-anxiety.html

Child Mind Institute: Dealing with Covid-19 resources

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

Mayo Clinic: Helping your teen with Social Distancing

<https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/helping-your-teen-with-social-distancing>

PBS Resources for younger students

<https://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus>

Taking Care of your Mental Health by Dr. Doreen Marshall

https://afsp.org/taking-care-of-your-mental-health-in-the-face-of-uncertainty/?fbclid=IwAR1h9eE_BPBOFgawGEHnAGpVSz3h6hG_pos0s7MF0SyiwQp6rdBiKsJ2t2UM

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