**MENTAL HEALTH RESOURCES**

**COVID-19 (CORONAVIRUS) INFORMATION AND RESOURCES**

<https://www.nami.org/getattachment/Press-Media/Press-Releases/2020/COVID-19-and-Mental-Illness-NAMI-Releases-Importan/COVID-19-Updated-Guide-1.pdf?lang=en-US> **(NAMI)**

**Reducing Stigma (COVD)**

[**CDC Guidance on Reducing Stigma surrounding COVID-19**](https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/reducing-stigma.html) **(CDC)**

**Parent/Caregiver Guide to Helping Families Cope With the Coronavirus Disease 2019 (COVID-19)**

[**Caregiver Guide to Helping Families Cope with COVID-19**](https://www.nctsn.org/sites/default/files/resources/fact-sheet/outbreak_factsheet_1.pdf) **(National Child Traumatic Stress Network)**

**Talking to Kids About the Coronavirus (There is good video)**

[**Talking to Kids about COVID-19**](https://childmind.org/article/talking-to-kids-about-the-coronavirus/) **(Child Mind Institute)**