

← COVID-19 Resource List

COVID-19 Resource List

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(Live document to be updated on an ongoing basis - last updated 3/28/20 at 10pm EST)

Content included here for informational purposes only; inclusion in this list does not indicate endorsement. Please feel welcome to share with therapy clients, colleagues in mental health/health professions, family, friends, etc.

Mental Health

- *New York Times* article on what you can do about coronavirus right now: <https://www.nytimes.com/interactive/2020/world/coronavirus-preparation-preparedness.html>
- Anxiety and Depression Association of America list of resources: https://adaa.org/finding-help/coronavirus-anxiety-helpful-resources?_zs=qvDBb&_zl=xVu12
- "FACE COVID" practical acceptance-based guide by Dr. Russ Harris: https://drive.google.com/file/d/1Q5-WQbw1q7qM9ZU3siUeYx1_3uITGtxn/view and <https://drive.google.com/file/d/117HY4z4mY5izJpR44ejuZ8rhTyoWEGEG/view> and accompanying animated video: <https://www.youtube.com/watch?v=BmvNCdpHUyM>
- American Psychological Association Psychology Help Center: <https://www.apa.org/helpcenter>
- American Psychological Association resource list: <https://www.apa.org/practice/programs/dmhi/research-information/pandemics>
- Association for Contextual Behavioral Science list of resources: https://contextualscience.org/covid19_therapy_resources
- Psychology Today article on coping with social distancing: <https://www.psychologytoday.com/us/blog/anxiety-files/202003/staying-home-during-the-pandemic>
- *Philadelphia Inquirer* article on coping with social distancing: <https://www.inquirer.com/health/coronavirus/coronavirus-mental-health-social-distancing-20200319.html>
- Illustrated videos on DBT crisis survival skills (Wise Mind ACCEPTS, IMPROVE the moment, PLEASE) by the Dialectical Behavior Therapy Clinic at Rutgers University: <https://www.youtube.com/playlist?list=PLVILbxLe1Eo51f-BqC3u48AyikKun3mcT>
- Alcoholics Anonymous online meetings: <http://aa-intergroup.org/directory.php>
- Psychological First Aid and Skills for Psychological Recovery online course: <https://learn.nctsn.org/course/index.php?categoryid=11>
- Guided relaxation exercises: <http://allaboutdepression.com/relax/>
- Guided self-compassion exercises: <https://self-compassion.org/#>
- 10 Quick Anxiety Relief Techniques video by Dr. Ali Mattu (The Psych Show): <https://www.youtube.com/watch?v=xGb4fvfZpWM>
- Videos of Marsha Linehan discussing Dialectical Behavior Therapy skills: https://www.youtube.com/playlist?list=PL_L7KEOxOeQ_gwUQX8Extalt3jSm8XYbK
- National Council for Behavioral Health resources list: <https://www.thenationalcouncil.org/BH365/2020/03/13/resources-for-addressing-coronavirus-covid-19/>
- Crisis Text Line: <https://www.crisistextline.org>
- 7 Cups online therapy and supportive listening: <https://www.7cups.com>
- National Suicide Prevention Lifeline and Textline: <https://suicidepreventionlifeline.org>
- Coping with coronavirus webinar by My OCD Care: <https://myocdcare.com/coping/>
- Mindfulness solution article with list of at-home activities: <https://www.cedarkoons.com/post-1/staying-home>
- American Foundation of Suicide Prevention article on protecting your mental health in the face of uncertainty: <https://afsp.org/taking-care-of-your-mental-health-in-the-face-of-uncertainty/>
- CDC guide to stress and coping: https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fabout%2F coping.html
- National Association of School Psychologists resource list: <https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources>
- SAMHSA behavioral health tips for social distancing, quarantine, and isolation: <https://store.samhsa.gov/system/files/sma14-4894.pdf>
- Veterans Affairs guide to managing stress associated with COVID-19: https://www.ptsd.va.gov/covid/COVID_managing_stress.asp
- International OCD Foundation list of resources: <https://iocdf.org/covid19/>
- National Alliance on Mental Illness list of resources: <https://www.nami.org/getattachment/Press-Media/Press-Releases/2020/COVID-19-and-Mental-Illness-NAMI-Releases-Imporant/COVID-19-Updated-Guide-1.pdf?lang=en-US>
- World Health Organization list of resources: https://www.who.int/docs/default-source/coronaviruse/mental-health-considerations.pdf?sfvrsn=6d3578af_2
- American Psychiatric Association list of resources: <https://www.psychiatry.org/news-room/apa-blogs/apa-blog/2020/03/covid-19-mental-health-impacts-resources-for-psychiatrists>
- Isolation Well-Being To-Do List by @lindsaybraman on Instagram: https://www.instagram.com/p/B970-eeJruj/?utm_source=ig_web_copy_link
- The Counseling Teacher graphic on what we can/cannot control: <https://www.facebook.com/thecounselingteacher/posts/151605302527277>
- Bipolar Wellness Centre resources page: <http://www.bdwellness.com/Support-Tools/See-All>
- Home mindfulness retreat by Jack Kornfield and Tara Brach: <https://www.tarabrach.com/create-home-retreat/>
- Activity pages by AdamJK: <https://shop.adamjk.com/collections/activity-pages/products/activity-pages>
- *Washington Post* article on emotional resilience: https://www.washingtonpost.com/lifestyle/wellness/anxiety-coronavirus-mental-wellness-tips/2020/03/16/f187faf2-67b8-11ea-9923-57073adce27c_story.html
- The Honest Guys meditation and relaxation YouTube channel: <https://www.youtube.com/user/TheHonestGuys>
- The Mindful Movement YouTube channel: https://www.youtube.com/channel/UCu_mPIZbomAqNzFAUEIRL7w
- Loving Kindness meditation: https://www.youtube.com/watch?v=-d_AA9H4z9U
- Eating Recovery Center online Say It Brave community: <https://www.eatingrecoverycenter.com/misc/say-it-brave>
- Young Minds guide to mental health while self-isolating: <https://youngminds.org.uk/blog/looking-after-your-mental-health-while-self-isolating/>
- Self-compassion video series by Dr. Kristin Neff and Dr. Chris Germer: https://product.soundstrue.com/power-of-self-compassion/free-video-series/?ck_subscriber_id=597375296
- National Alliance on Mental Illness Bucks County and Philadelphia resources, support groups, and events: <https://namibuckspa.org> and <https://namiphilly.org>
- Alliance for Eating Disorders Awareness online check-ins for individuals, family, and friends: <https://www.facebook.com/AllianceforEDA/>
- American Society of Addiction Medicine resources: https://www.asam.org/Quality-Science/covid-19-coronavirus?utm_source=Covid19&utm_medium=Email&utm_campaign=COVID19-Email
- National Center for Complementary and Integrative Health article on navigating challenging times with scientifically-sound resources: <https://nccih.nih.gov/about/offices/od/navigating-challenging-times-with-scientificallly-sound-resources?nav=govd>
- Anxiety and Depression Association of America webinar on strategies to manage coronavirus panic and anxiety: https://www.youtube.com/watch?v=18fl_n6B_cl4&feature=youtu.be
- PsychCentral article on signs your anxiety requires professional help: <https://blogs.psychcentral.com/weightless/2020/03/signs-your-anxiety-requires-professional-help/>
- HuffPost article on grocery store anxiety: https://www.huffpost.com/entry/grocery-store-anxiety_I_5e679f3dc5b68d61645b3b02
- HuffPost article on advice from the therapists for coronavirus anxiety: https://www.huffpost.com/entry/therapists-advice-patients-coronavirus-anxiety_I_5e6fb44ac5b6125e095b4134?xwh

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- Harvard T.H. Chan School of Public Health tips on managing and coping with the stress of COVID-19: <https://drive.google.com/file/d/1FopkiPYKRcyi24FPcgPdRZKAM5y850pp/view>
- Harvard T.H. Chan School of Public Health guide to managing bereavement and grief around COVID-19: <http://complicatedgrief.columbia.edu/wp-content/uploads/2020/03/Managing-Bereavement-Around-COVID-19-HSPH.pdf>
- American Clinical Social Work Association resource page: <https://acswa.org/covid-19-resources/>
- Center for the Study of Traumatic Stress resource page: <https://www.cstsonline.org/resources/resource-master-list/coronavirus-and-emerging-infectious-disease-outbreaks-response>
- The Center for Complicated Grief resource page: <https://complicatedgrief.columbia.edu/for-the-public/complicated-grief-public/overview/>
- Presentation on mental health and psychological intervention in the era of COVID-19 by Dr. Sun Jae Jung: <https://drive.google.com/drive/folders/1Gp47v-KtK5JuexPnUrjNu33pgRbpVLF2>
- Lecture on psychiatric treatments of minority and underserved populations by Dr. Derri Shtasel: <https://vimeo.com/398929603/0dcf0ba166>
- Partners in Health article on mental health tips for coronavirus social distancing: <https://www.pih.org/article/10-mental-health-tips-coronavirus-social-distancing>
- Harvard Health blog on coping with coronavirus anxiety: <https://www.health.harvard.edu/blog/coping-with-coronavirus-anxiety-2020031219183>
- Expansive Heart article on reasons highly sensitive people can thrive in a pandemic: <https://www.expansiveheart.com/blog/highly-sensitive-pandemic>
- Supportiv online support network: <https://www.supportiv.com/code>
- University of Texas at Austin Pandemic Project psychological survey with personalized feedback/recommendations: <http://utpsyc.org/covid19/index.html> and <http://utpsyc.org/covid19/resources.html>
- Tara Brach radical compassion pandemic care resource list: <https://www.tarabrach.com/pandemic/>
- *New York Times* article on burnout: <https://www.nytimes.com/2020/03/19/smarter-living/coronavirus-emotional-support.html?referringSource=articleShare>
- National Eating Disorder Information Centre COVID-19 resource page: <https://nedic.ca/covid-19-ed-faqs/>
- Beat Eating Disorders coronavirus information page: <https://www.beateatingdisorders.org.uk/coronavirus>
- National Center for Transgender Equality coronavirus information page: <https://transequality.org/covid19>
- *Herald Sun* article on making peace with your anxiety and thriving in the age of coronavirus: https://contextualscience.org/files/Coronavirus_%20Seven%20ways%20to%20stay%20calm%20and%20avoid%20anxiety%20_%20Cairns%20Post.pdf
- Oregon State University online 'Punch through Pandemics' course: <https://www.punchcovid19.com>
- *New York Times* article on countering loneliness: <https://www.nytimes.com/2020/03/23/well/family/coronavirus-loneliness-isolation-social-distancing-elderly.html?referringSource=articleShare>
- Association for Psychological Science resource list: <https://www.psychologicalscience.org/covid-19-information>
- Rogers Behavioral Health article on staying mentally healthy while social distancing: <https://rogersbh.org/about-us/newsroom/blog/6-tips-staying-mentally-healthy-while-social-distancing>
- National Eating Disorders Association COVID-19 resources page: <https://www.nationaleatingdisorders.org/get-involved/covid-19-resources-page>
- Brain.fm music for focus, relaxation, sleep; free with code MYINTENT: <https://www.brain.fm/redeem>
- Skillshare free classes: <https://www.skillshare.com/classes/free>
- Oprah & Deepak 21-Day Meditation Experience: <https://chopracentermeditation.com>
- National Domestic Violence Hotline COVID-19 resource page: <https://www.thehotline.org>
- UNC Center of Excellence for Eating Disorders resource article: <https://uncexchanges.org/2020/03/26/continuing-eating-disorder-treatment-during-physical-distancing-also-known-as-social-distancing/>

Mental Health for Children, Adolescents, and Families:

- Child Mind Institute guide to talking with kids about coronavirus: <https://childmind.org/article/talking-to-kids-about-the-coronavirus/>
- The Clay Center for Young Healthy Minds self-care for resilience for kids and teens: <https://www.mghclaycenter.org/self-care/>
- The Clay Center for Young Healthy Minds article on ways to support kids and teens through the pandemic: <https://www.mghclaycenter.org/hot-topics/7-ways-to-support-kids-and-teens-through-the-coronavirus-pandemic/>
- Massachusetts General Hospital video on talking with your kids about coronavirus: <https://www.youtube.com/watch?v=y81pZ07qaq0&feature=youtu.be>
- CDC guide to talking with children about COVID-19: <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/talking-with-children.html>
- National Child Traumatic Stress Network parent/caregiver guide to helping families cope with COVID-19: https://www.nctsn.org/sites/default/files/resources/fact-sheet/outbreak_factsheet_1.pdf
- Harvard T.H. Chan School of Public Health guide to talking with children/adolescents about COVID-19: <http://complicatedgrief.columbia.edu/wp-content/uploads/2020/03/Talking-to-children-about-the-impact-of-COVID-19-HSPH.pdf>
- Webinar on parenting and self-care by Dr. Regine Galanti: <https://www.longislandbehavioral.com/blog/2020/3/17/coronavirus>
- Parenting at a Challenging Time resources on parenting through community crises: <https://www.mghpact.org/for-parents/parenting-through-community-crises/>
- The Conversation article on science-based strategies to cope with coronavirus anxiety: <https://theconversation.com/7-science-based-strategies-to-cope-with-coronavirus-anxiety-133207>
- Video on "psychological overhead" by Molly Gordon https://youtu.be/lamsh_V8uYg
- ParentWorks online parenting/caregiving training: <https://parentworks.org.au/#/>
- Society of Clinical Child and Adolescent Psychology (American Psychological Association Division 53) resource list for families: <https://drive.google.com/file/d/16KjKyte04QbWENrO7JaMqXM9f7Cg9jCN/view>
- *New York Times* article on parenting teenagers: <https://www.nytimes.com/2020/03/19/well/family/coronavirus-covid-teenagers-teens-parents-kids-family-advice.html?referringSource=articleShare>
- F.E.A.S.T. position statement on COVID-19 and families facing eating disorders: <https://www.feast-ed.org/recovery-first-even-in-a-pandemic/>
- Rogers Behavioral Health article on creating a new normal for kids during COVID-19: <https://rogersbh.org/about-us/newsroom/blog/creating-new-normal-school-age-children-during-covid-19-crisis>
- *Practical Meditation for Beginners* eBook by Benjamin Decker: <https://static1.squarespace.com/static/53627671e4b0586b1fcb7c3/t/5c67260c4e17b61876446ac7/1550263834161/Practical+Meditation+Ebook+Ben+Decker.pdf>
- Global Grit Institute eBook: <https://www.globalgritinstitute.com/eg/my-intent/>
- Girl Scouts article on helping kids cope with disappointment in the face of COVID-19: <https://bddy.me/3aqMPkx>

Mental Health Apps

- ACT Companion app (Acceptance and Commitment Therapy/*The Happiness Trap*) three months free available in Apple App store/Google Play store--enter the code TOGETHER on the subscription page to unlock: <http://www.actcompanion.com>
- Resources for anxiety/mental health provided by Shine: <https://www.virusanxiety.com>
- Harvard University positive psychology exercises app: <https://scholar.harvard.edu/bettina.hoeppner/sis>
- Sanvello app free premium access for coronavirus support: <https://www.sanvello.com/coronavirus-anxiety-support/>
- *Women's Health* article on meditation apps: <https://www.womenshealthmag.com/health/g25178771/best-meditation-apps/>
- SleepStream sleep and relaxation app: <https://apps.apple.com/us/app/sleepstream-2/id432771824>
- Meditation/mindfulness resources from Headspace: <https://www.headspace.com/covid-19>
- Fear Tools app for managing anxiety: <https://www.feartools.com>
- Woe Bot coping skills app: <https://woebot.io>
- Insight Timer app: <https://insighttimer.com>
- Calm app resources: <https://blog.calm.com/take-a-deep-breath> and YouTube channel: <https://www.youtube.com/user/calmdotcom>

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- The Mindfulness App: <https://apps.apple.com/us/app/the-mindfulness-app/id117011430>
- Smiling Mind resource list: <https://blog.smilingmind.com.au/how-mindfulness-can-help-during-coronavirus>
- Online mental health programs by Dr. Jessica Schleider: <http://www.schleiderlab.org/yes.html>
- Stop, Breathe & Think mindfulness YouTube channel: <https://www.youtube.com/channel/UCk8B9zEEqNP9kMf5VChd99Q> and resource list: <https://www.stopbreathethink.com/coronavirus-anxiety-ways-to-manage/>
- Mindbody resource list: <https://www.mindbodyonline.com/education/blog/message-mindbody-ceo-rick-stollmeyer-covid-19>
- Ten Percent Happier Coronavirus Sanity resource list: https://www.tenpercent.com/coronavirusanxietyguide?utm_campaign=cv_response_website_banner&utm_medium=website&utm_source=cv_response
- National Center for PTSD online PTSD Coach: <https://www.ptsd.va.gov/apps/ptsdcoachonline/default.htm>
- Veterans Affairs self-help and treatment companion mobile apps: <https://www.ptsd.va.gov/appvid/mobile/index.asp>
- Journey Live meditation app: <https://journeylive.app.link/8nPrzUDDU4>

Give Help or Get Help

- *New York Times* article on safely helping neighbors: <https://www.nytimes.com/2020/03/24/nyregion/ny-coronavirus-help.html?referringSource=articleShare>
- Aunt Bertha social care network for free/reduced cost services: <https://www.auntbertha.com>
- *Philadelphia Inquirer* article on ways to seek or provide services: <https://www.inquirer.com/health/coronavirus/a/coronavirus-philadelphia-new-jersey-how-to-help-where-to-get-help-food-money-care-volunteering-20200319.html>
- *Philadelphia Inquirer* general coronavirus resource page: <https://www.inquirer.com/health/coronavirus/>
- Community Legal Services coronavirus resources page: <https://clsphila.org/coronavirus/>
- Community Legal Services information on sick leave: <https://clsphila.org/employment/paid-sick-leave-philadelphia/>
- Community Legal Services information on benefits (e.g., food stamps/SNAP, Medicaid/MA, cash assistance/TANF, heating bill assistance/LIHEAP): <https://clsphila.org/public-benefits/benefits-coronavirus/>
- Philadelphia Philabundance food bank: <https://www.philabundance.org/covid19/>
- City of Philadelphia information on sick leave: <https://www.phila.gov/2020-03-09-using-paid-sick-leave-in-philadelphia/>
- City of Philadelphia information on predictability pay: <https://www.phila.gov/2020-03-19-understanding-predictability-pay-under-fair-workweek/>
- City of Philadelphia listing of free meals for students: <https://www.phila.gov/2020-03-14-find-free-meals-and-safe-spaces-for-students-while-schools-are-closed/>
- City of Philadelphia access to essential services: <https://www.phila.gov/2020-03-18-essential-city-services-remain-open-here-is-how-to-access-them/>
- City of Philadelphia youth meal sites map: <http://phl.maps.arcgis.com/apps/View/index.html?appid=34b210c6dd684b8e944768c82c0efa5e>
- Pennsylvania unemployment filing online: <https://www.uc.pa.gov/unemployment-benefits/file/Pages/File%20an%20Initial%20Claim.aspx>
- Pennsylvania Compass Medicaid online application: <http://on.pa.gov/compass>
- Pennsylvania Compass SNAP benefits online application: <http://on.pa.gov/compass>
- Commonwealth of Pennsylvania COVID-19 resource list: <http://pa.gov/covid-19>
- Pennsylvania Department of Agriculture emergency food assistance: <http://bit.ly/FoodAssistCOVID>
- The Philadelphia Citizen list of resources: <https://thephiladelphiacitizen.org/ways-to-help-during-coronavirus/>
- Philadelphia help with housing during COVID-19: <https://www.phila.gov/2020-03-20-help-with-housing-during-covid-19/>
- Philly Mutual Aid by Neighbors Helping Neighbors: <https://docs.google.com/forms/d/e/1FAIpQLSf4tHQTrOG0DDh6hytdw8rdN7sFkm74Q1yMii2YeOLis2qNvA/viewform>
- Mutual Aid Hub listing of community self-support projects: <https://www.mutualaidhub.org>
- Xfinity/Comcast free wifi: <https://corporate.comcast.com/covid-19>
- Spectrum free wifi: <https://mobile.spectrum.com/support/article/360040980371/coronavirus-covid19-update>
- Philadelphia Gas Works information: <https://www.pgworks.com/residential/covid-19>
- Assistance from PECO: <https://www.peco.com/SafetyCommunity/Safety/Pages/coronavirus.aspx>
- Philadelphia Water Department information: <https://content.govdelivery.com/accounts/PAPHILAWATER/bulletins/28115e5>
- Digital Paper Trail of Accommodations: https://docs.google.com/spreadsheets/d/1QhSE4o-AW_-3aqNyS2kwG50R56EqUSH7aR5QX8k7el/edit#gid=660809273
- Student Relief Fund: <https://www.studentreliefund.org>
- Free U-Haul storage for students: <https://www.uhaul.com/Articles/About/20625/College-Students-U-Haul-Offers-30-Days-Free-Self-Storage-amid-Coronavirus-Outbreak/>
- The Hope Center for College, Community, and Justice list of resources: <https://hope4college.com/resources/> and https://hope4college.com/wp-content/uploads/2020/03/BTFP_SupportingStudentsDuringCOVID19_v2_Final.pdf
- *New York Times* resource guide: <https://www.nytimes.com/article/coronavirus-money-unemployment.html?referringSource=articleShare>
- Aetna health insurance information: <https://www.aetna.com/individuals-families/member-rights-resources/covid19.html>
- Awareness of email phishing and other scams: <https://time.com/5806518/covid-19-scams/>
- Harvard T.H. Chan School of public health resources on stigma and discrimination: <http://complicatedgrief.columbia.edu/wp-content/uploads/2020/03/COVID-19-Stigma-Awareness-HSPH.pdf>
- Snopes COVID-19 fact-checking list: https://www.snopes.com/tag/covid-19/?utm_source=thread&utm_medium=social&utm_campaign=c19letter
- Red Cross blood donation information: <https://www.redcross.org/give-blood.html>
- MaskMatch personal protective equipment (PPE)/N95 donations: <https://www.mask-match.com>
- PPE Link donations for masks, gloves, etc.: <https://ppelink.wordpress.com/ppe-donations/>
- Forbes article on COVID-19 and people with disabilities: <https://www.forbes.com/sites/andrewpulang/2020/03/08/5-things-to-know-about-coronavirus-and-people-with-disabilities/#2d2be7e11d21>
- Unacast social distancing scoreboard: https://www.unacast.com/covid19/social-distancing-scoreboard?fbclid=IwAR2NaY882KZblEPHU0q6G_N7IzzNjS82m_nraadUPw7KSqJddDC-EqJJP5
- My Pickle CoronaHub resource database: <https://mypickle.org/coronahub/>
- White House/CDC/FEMA resource page: <https://www.coronavirus.gov/>
- CDC page on higher-risk groups: https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/high-risk-complications.html?utm_medium=email&utm_source=govdelivery
- Idealist volunteer opportunities listings: <https://www.idealists.org/en/>
- City of Philadelphia free food: <https://www.phila.gov/2020-03-28-where-to-find-free-nutritious-food-during-covid-19/>

Activities

- *New York Times* continually-updated recommendation list of what to watch, read, and listen to during self-quarantine: <https://www.nytimes.com/article/coronavirus-quarantine-what-to-watch.html?referringSource=articleShare>
- Live feed of animals from the Monterey Bay Aquarium: <https://www.montereybayaquarium.org/animals/live-cams>
- Travel & Leisure article on virtual museum tours: <https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours>
- Travel & Leisure article on free streaming opera performances: <https://www.travelandleisure.com/culture-design/music/metropolitan-opera-offering-free-virtual-shows>
- Bustle article on at-home exercise resources: <https://www.bustle.com/p/19-free-livestream-workouts-at-home-workout-app-trials-22628328>
- Glo yoga, meditation, and pilates classes: <https://glo.com/fromourhearts>
- Happier Human article on podcasts about happiness: <https://www.happierhuman.com/happiness-podcasts/>
- Dining at a Distance restaurant listings: <https://www.diningatadistance.com/philadelphia?fbclid=IwAR3ikGMPIEuQt0xwngua5m3ZuKGJXTRPz4UgJkQsSbqel7t9zw9IVb2xqso>

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- Philadelphia Museum of Art social media feeds: <https://philamuseum.org/covid-19>
- The Hill article on Netflix Party extension: <https://thehill.com/changing-america/well-being/mental-health/488205-google-chrome-netflix-partner-to-launch-party>
- The Family Dinner Project stuck at home guide to food, fun, and conversation: <https://thefamilydinnerproject.org/blog/pandemic-2020-our-stuck-at-home-guide-to-food-fun-and-conversation/>
- Metropolitan Opera nightly streaming: <https://www.metopera.org/user-information/nightly-met-opera-streams/>
- Sesame Street caring for each other kit: <https://www.sesamestreet.org/caring>
- Mindfulness solution article with list of at-home activities: <https://www.cedarkoons.com/post-1/staying-home>
- Sport England "stay in, work out" guide: <https://www.sportengland.org/stayinworkout>
- Down Dog yoga app free content, free access for teachers and K-12/college students, and healthcare professionals: <https://www.downdogapp.com>
- Yoga With Adriene YouTube channel: <https://www.youtube.com/user/yogawithadriene>
- University of Texas at Austin language and personality project questionnaires/surveys: <https://utpsyc.org/#questionnaires>
- *New York Times* article on remaking your space without leaving home: <https://www.nytimes.com/2020/03/24/smarter-living/virus-remaking-space-while-homebound.html?referringSource=articleShare>
- My Pickle CoronaHub listings of things to do: https://mypickle.org/coronahub/?wpv-coronahelpfor=thingstodo&wpv_aux_current_post_id=23394&wpv_view_count=24363-TCPID23394
- Board Game Arena: <https://en.boardgamearena.com>
- Lunch Doodles with Mo Willems: <https://www.youtube.com/watch?v=MjaYnyCJDdU>
- Color Our Collections: <http://library.nyam.org/colorourcollections/>
- Learn a Language courses: <https://www.learnalanguage.com/support/about.php>
- Duolingo language app: <https://www.duolingo.com>
- Coursera online courses: <https://www.coursera.org>
- Code Academy training: https://pro.codecademy.com/learn-from-home/?utm_source=contentful_banner&utm_medium=referral&utm_campaign=learn_from_home
- Breadhead Bakery live baking at home daily: <https://www.instagram.com/breadheadbakery/>
- Google Mars Rover: <https://accessmars.withgoogle.com>
- China Guide Great Wall of China tour: <https://www.thechinaguide.com/destination/great-wall-of-china>
- Yellowstone National Park virtual tour: <https://www.nps.gov/yell/learn/photosmultimedia/virtualtours.htm>
- Google Arts & Culture collections: <https://artsandculture.google.com/partner?hl=en>
- Philadelphia self-guided walking tours: <https://gsc.upenn.edu/resources/wellness/living-philadelphia#explore>
- CorePower Yoga YouTube channel: <https://www.youtube.com/channel/UC8YuKuHUBDQ3vrtJU3Mp3yA>
- San Diego Zoo live webcams: <https://zoo.sandiegozoo.org/live-cams>
- Smithsonian National Zoo live webcams: <https://nationalzoo.si.edu/webcams>
- Philadelphia Zoo "Philly Zoo at 2" online programming: <https://www.facebook.com/philadelphiazoo/>
- *New York Times* article on seeing the world when you're stuck at home: <https://www.nytimes.com/2020/03/24/travel/coronavirus-virtual-travel.html?referringSource=articleShare>
- *New York Times* article on theatre, arts, and dance offerings: <https://www.nytimes.com/2020/03/20/arts/theater-dance-classical-art-stay-home-virus.html?referringSource=articleShare>
- Class Central online courses: <https://www.classcentral.com>
- Google Skillshop online courses: <https://skillshop.withgoogle.com>
- The Project Management Institute online certifications and courses: <https://www.pmi.org/learning>
- LinkedIn Learning professional development courses: <https://www.linkedin.com/learning>
- Mind Body Green dance workouts: <https://www.mindbodygreen.com/classes/dance-workouts-to-boost-happiness>
- Brit + Co online courses, free with code SELF CARE: <https://classes.brit.co/learn/>
- Girl Scouts at Home activities resources: <https://www.girlscouts.org/en/girl-scouts-at-home.html>

Online/Remote Work and Education

- Scholastic Learn at Home: <https://classroommagazines.scholastic.com/support/learnathome.html>
- The Counseling Teacher packet on Social Emotional Learning: <https://www.teacherspayteachers.com/Product/SEL-Home-Learning-Packet-supports-Social-Emotional-Learning-5326481>
- Psychology lecture exchange: <https://docs.google.com/spreadsheets/d/17GPdlt8cvtzrF0o8cU32qwp8zxGJVQ2ROIhEVR-faY/edit#gid=0>
- Google Cloud programs: <https://cloud.google.com/blog/products/g-suite/helping-businesses-and-schools-stay-connected-in-response-to-coronavirus>
- Chronicle of Higher Education article on moving courses online: <https://www.chronicle.com/article/Going-Online-in-a-Hurry-What/248207?cid=rclink>
- Academic advisor recommendations list: https://docs.google.com/document/d/1GwDaMIWK7maNY8y1bPSYtIdSZPqkcK_6N7CauxND0k0/edit#heading=h.837a5g2xkt2v
- American College Health Association updates/resources list: https://www.acha.org/ACHA/Resources/Topics/COVID-19_Update.aspx
- Khan Academy school schedules and resources: https://docs.google.com/document/d/e/2PACX-1vSZhOdEPAWjUQpQDkVJrFwxxZ9Sa6zGQq0CNRms6Z7DZnq-tQWS30huVCUbh_-P-WmksHAzbsrk9d/pub
- Amazing Educational Resources list: <http://www.amazingeducationalresources.com>
- Dynamic Ecology article on advice for PhD students and mentors: <https://dynamicecology.wordpress.com/2020/03/15/some-advice-for-phd-students-and-their-mentors-in-the-time-of-coronavirus/>
- WHY? list of resources: <https://why.org/why-brings-the-classroom-home/>
- Zoom videoconferencing resources: <https://zoom.us/docs/en-us/covid19.html>
- Stop, Breathe & Think educational resources: <https://www.stopbreathethink.com/educators/>
- Yale "The Science of Well-Being" online course: <https://www.coursera.org/learn/the-science-of-well-being>
- Cengage Unlimited free student access to course materials: <https://www.cengage.com/covid-19-support/> and <http://embed.widencdn.net/pdf/plus/cengage/tkbyycgpir/cu-covid-start-strong-free-trial-flyer-1348236.pdf>
- Ditch That Textbook article with tips for successful virtual meetings and successful student video calls: <https://ditchthattextbook.com/google-meet-elearning/>
- Association for Behavioral and Cognitive Therapies webinar on running your first online class by Daniel Beck, LICSW: <https://www.youtube.com/watch?v=9pes7vQvqY&feature=youtu.be>
- Society of Clinical Child and Adolescent Psychology (American Psychological Association Division 53) resource list for families including educational content: <https://drive.google.com/file/d/16KjKyte04QbWENrO7JaMqXM9f7Cg9jCN/view>
- American Psychological Association COVID-19 FAQs about education: <https://www.apa.org/education/covid-questions>
- Minnesota State CAREERwise tips for students taking online courses: <https://careerwise.minnstate.edu/education/successonline.html>
- American Psychological Association free access to Teachers of Psychology in Secondary Schools course material: <https://www.apa.org/ed/precollege/topss/lessons>
- National Center for College Students with Disabilities Clearinghouse and Resource Library for students taking online courses: <https://www.nccsdclearinghouse.org/online-students.html>
- Educause resources on remote course accessibility: <https://library.educause.edu/topics/policy-and-law/accessibility>
- Mapping Access resources on remote course accessibility: <https://www.mapping-access.com/blog-1/2020/3/10/accessible-teaching-in-the-time-of-covid-19>
- Chronicle of Higher Education advice for quickly and safely moving lab courses online: <https://www.chronicle.com/article/How-to-Quickly-and-Safely/248261?cid=cp275>

← COVID-19 Resource List

- Research free eBook access: <https://www.abdoleducation.com/educationresponse>
- Ebsco unlimited user eBook access: <https://more.ebsco.com/eBooks-Upgraded-Access-2020.html>
- American Psychological Association free eBook access, including APA style guides: <https://apastyle.apa.org/blog/coronavirus-response>

General Resources for Mental Health/Healthcare Providers

- APA article giving advice on patient care for psychology supervisors and trainees: <https://www.apaservices.org/practice/news/psychology-training-covid19>
- APA article on protecting your patients and your practice: <https://www.apaservices.org/practice/news/covid19-psychology-services-protection>
- SAMHSA guidance for opioid treatment: <https://www.samhsa.gov/medication-assisted-treatment>
- SAMHSA disaster planning handbook for behavioral health treatment programs: <https://store.samhsa.gov/product/TAP-34-Disaster-Planning-Handbook-for-Behavioral-Health-Treatment-Programs/SMA13-4779>
- National Council for Behavioral Health resources list: <https://www.thenationalcouncil.org/BH365/2020/03/13/resources-for-addressing-coronavirus-covid-19/>
- Psychological First Aid and Skills for Psychological Recovery online course: <https://learn.nctsn.org/course/index.php?categoryid=11>
- National Association of School Psychologists resource list: <https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources>
- Veterans Affairs guide for providers and community leaders: https://www.ptsd.va.gov/covid/COVID_providers_comm_leaders.asp
- World Health Organization list of resources: https://www.who.int/docs/default-source/coronaviruse/mental-health-considerations.pdf?sfvrsn=6d3578af_2
- American Psychiatric Association list of resources: <https://www.psychiatry.org/news-room/apa-blogs/apa-blog/2020/03/covid-19-mental-health-impacts-resources-for-psychiatrists>
- National Institutes of Health list of resources/updates: <https://www.nih.gov/health-information/coronavirus>
- National Register of Health Service Psychologists list of resources: https://www.nationalregister.org/coronavirus-resources/?utm_source=mailchimp&utm_medium=coronavirus-post&utm_campaign=coronavirus_resources
- Videos on "Coping with Child and Caregiver Anxiety and Fears about COVID-19" videos by Dr. Jill Ehrenreich-May: <https://vimeo.com/channels/1547281>
- American Psychological Association journal articles list: https://www.apa.org/pubs/highlights/covid-19-articles?utm_source=twitter&utm_medium=social&utm_campaign=apa-pandemics&utm_content=covid-free-articles
- Anxiety and Depression Association of America webinar on clinical practice during the COVID-19 pandemic: <https://adaa.org/webinar/professional/keep-calm-and-carry-clinical-practice-during-covid-19-pandemic>
- Johns Hopkins Coronavirus Resource Center: <https://coronavirus.jhu.edu>
- American Psychological Association Division 22 list of reputable no-cost trainings for psychology/mental health trainees: https://docs.google.com/document/d/1LjwpgEByD888V_Lm3hCCO3z5V3h_Zatj5q1rur1a0/edit
- Psychology clinic directors list of no-cost trainings for psychology/mental health trainees: https://docs.google.com/spreadsheets/d/1bDmOsEjewU_DEFr5BNCV0g-lbke28kRM4gq0O08k59Y/edit#gid=0
- American Psychological Association Q&A webinar on providing psychological services in the face of uncertainty: <https://register.gotowebinar.com/register/2993800143802959117>
- American Academy of Clinical Neuropsychology list of resources: <https://theaacn.org/covid-19-links-and-resources/>
- GeroCentral resource list for working with older adults and their families: <https://gerocentral.org/clinical-toolbox/covid-19-resources/>
- Stanford Medicine FAST Lab resource list: <http://med.stanford.edu/fastlab/covid19-resources.html>
- American Psychological Association free COVID-19-related journal articles: <https://www.apa.org/pubs/highlights/covid-19-articles>
- American Psychological Association guide to conducting research during the pandemic: <https://www.apa.org/news/apa/2020/03/conducting-research-covid-19>
- Massachusetts General Hospital Psychiatry Academy mind body medicine online courses: https://mghcme.org/page/benson_henry_institute_for_mind_body_medicine
- Eleos Health Ultimate Therapist Guide to Treating Patients from Home: <https://www.notion.so/The-Ultimate-Therapist-Guide-to-Treating-Patients-from-Home-d8b21bea20f94b2ca113714899ee41ed#93de547ff5f24a49be43ca77d820405f>

Telehealth Resources for Mental Health/Healthcare Providers

- APA article explaining the COVID-19 telehealth waiver: <https://www.apaservices.org/practice/legal/technology/covid-19-telehealth-waiver>
- APA telepsychology resources: <https://www.apa.org/members/your-growth/practice-management/telepsychology/index>
- APA telepsychology informed consent checklist: <https://www.apa.org/practice/programs/dmhi/research-information/informed-consent-checklist>
- APA telepsychology office/technology checklist: <https://www.apa.org/practice/programs/dmhi/research-information/telepsychological-services-checklist>
- APA Telepsychology Best Practice 101 Series webinar: <https://apa.content.online/catalog/product.xhtml?eid=15132&eid=1921>
- HEMHA guide to college counseling telehealth: http://hemha.org/wp-content/uploads/2019/01/HEMHA-Distance-Counseling_FINAL2019.pdf
- Tips for working online when delivering CBT-ED and CBT-T for eating disorders: https://docs.google.com/document/d/1n5X1zC_4IHMUH3V0JF8ZvEWhKFTZrjKzUYo6DwxPrco/edit?usp=sharing
- Society of Clinical Psychology (American Psychological Association Division 12) resources list for remote assessment and psychotherapy: <https://www.div12.org/telepsychology-resources/>
- Forward Psychology Group list of telemental health policy changes during the pandemic: <http://drherz.us/telemental-health-policy-changes-during-the-pandemic/>
- Centers for Medicare & Medicaid Services telemedicine health care provider fact sheet: <https://www.cms.gov/newsroom/fact-sheets/medicare-telemedicine-health-care-provider-fact-sheet>
- Twitter thread on teleneuropsychology practice: <https://twitter.com/ytquiroz/status/1239306365845344262>
- National Register of Health Service Psychologists article on what resources can be used during the outbreak: https://www.nationalregister.org/coronavirus-resources/?utm_source=mailchimp&utm_medium=coronavirus-post&utm_campaign=coronavirus_resources
- National Register of Health Service Psychologists webinar on providing telepsychology with minimal risk: <https://www.nationalregister.org/npc-telepsych-video/>
- Psi Chi webinar on surviving the move online: <https://www.psichi.org/events/EventDetails.aspx?id=1323553#.XnPfsy2ZPOQ>
- Person Centered Tech resource list: <https://personcenteredtech.com>
- Theraplatform article on setting up your office for teletherapy sessions: <https://www.theraplatform.com/blog/255/how-to-set-up-your-office-for-teletherapy-sessions>
- American Psychological Association Guidelines for the Practice of Telepsychology: <https://www.apa.org/pubs/journals/features/amp-a0035001.pdf>
- Carbon Health article on the importance of telemedicine and patient eye contact: <https://blog.carbonhealth.com/importance-of-telemedicine-and-patient-eye-contact-99f812bb28ea>
- Article on building rapport with youth via telehealth by Dr. Ilana Seager van Dyk and colleagues: https://www.researchgate.net/publication/340066049_COVID-19_Tips_Building_Rapport_with_Youth_via_Telehealth
- *Psychiatric Clinics* article on clinician-delivered teletherapy for eating disorders: [https://www.psych.theclinics.com/article/S0193-953X\(19\)30013-9/abstract](https://www.psych.theclinics.com/article/S0193-953X(19)30013-9/abstract)

Support for Providers

- Free access to Headspace Plus: <https://www.headspace.com/health-covid-19>
- Intensive Care Society resource library: <https://www.ics.ac.uk/ICS/Education/Wellbeing/ICS/Wellbeing.aspx?hkey=92348f51-a875-4d87-8ae4-245707878a5c>

← COVID-19 Resource List

- Free access to help sheet paper: https://www.tempercent.com/coronavirussanmyguide?utm_campaign=cv_response_website_banner&utm_medium=website&utm_source=cv_response
- Resource list by Tamara Hubbard, LCPC on anxiety, stress, changes, and support for chronic health conditions and healthcare providers: <https://foodallergy counselor.com/blog/resources-for-navigating-coronavirus-anxiety...>
- Uniformed Services University Center for the Study of Traumatic Stress guide for psychiatrists on taking care of patients during the coronavirus outbreak: https://www.cstsonline.org/assets/media/documents/CSTS_FS_Taking_Care_of_Patients_During_Coronavirus_Outbreak_A_Guide_for_Psychiatrists_03_03_2020.pdf
- Uniformed Services University Center for the Study of Traumatic Stress guide to sustaining the well-being of healthcare personnel during coronavirus and other infectious disease outbreaks: https://www.cstsonline.org/assets/media/documents/CSTS_FS_Sustaining_Well_Being_Healthcare_Personnel_during.pdf.pdf
- The Schwartz Center for Compassionate Healthcare guide to caring for yourself and others during the COVID-19 pandemic and managing healthcare workers' stress: <https://www.theschwartzcenter.org/webinar/caring-for-yourself-others-during-the-covid-19-pandemic-managing-healthcare-workers-stress>
- American Psychiatric Association guide to coronavirus and mental health: taking care of ourselves during infectious disease outbreaks: <https://www.psychiatry.org/news-room/apa-blogs/apa-blog/2020/02/coronavirus-and-mental-health-taking-care-of-ourselves-during-infectious-disease-outbreaks>
- World Health Organization messages on mental health and psychosocial considerations during the COVID-19 outbreak: <https://www.who.int/docs/default-source/coronaviruse/mental-health-considerations.pdf>
- Centers for Disease Control and Prevention tips for self-care for emergency responders: <https://emergency.cdc.gov/coping/responders.asp>
- Down Dog yoga app free access for healthcare professionals: <https://www.downdogapp.com>
- Resources for highly sensitive therapists: <http://www.sensitivetherapist.com>
- Free access to Supportiv online network for immediate emotional support for healthcare workers, use code FRONTLINE: <https://www.supportiv.com/code>
- Hertz free car rental in New York City for healthcare workers: <https://pub.emails.hertz.com/HealthcareHonor>
- International OCD Foundation Education Staycation webinar series for therapists, psychiatrists, social workers: <https://www.tfaforms.com/4812993>
- Rogers Behavioral Health article on self-care tips for healthcare workers on the front lines of COVID-19: <https://rogersbh.org/about-us/newsroom/blog/self-care-tips-healthcare-workers-front-lines-covid-19>
- Project Parachute pro bono therapy for COVID-19 frontliners: <https://www.eleos.health/parachute>