

Resources for Coping with the COVID-19 Pandemic



COVID Information from Reliable Resources:

- [COVID Information and Updates](#) (powered by EBSCO)
- [COVID-19 Global Cases by the Center for Systems Science and Engineering](#) (map tracker from Johns Hopkins)
- [World Health Organization Rolling Updates on COVID-19](#)
- [Centers for Disease Control and Prevention COVID-19 FAQs](#)
- [CDC's Information on Protecting Yourself from COVID-19 and What to Do If You Think You Are Sick](#)
- [Information on People Who Are at Higher Risk for COVID-19 by the CDC](#)
- City of Cheyenne, Wyoming: [Coronavirus Resources and Information](#) and [Grocery Store Shopping Times for Vulnerable Populations](#)

Links for Mental Health Emergencies

- Grace for 2 Brothers Suicide Prevention and Awareness Resources: [Visit Website](#)
- National Suicide Prevention Lifeline: 1-800-273-TALK (8255), Text WYO to 741741, or [Visit Website](#)
- Substance Abuse and Mental Health Services Administration's Disaster Distress Hotline: 1-800-985-5990, text TalkWithUs to 66746, or [Visit Website](#)
- American Foundation for Suicide Prevention: [Visit Website](#)
- Suicide Prevention Resource Center : [Visit Website](#)

- The Trevor Project (LGBTQ): 1-866-488-7386, text START to 678678, or [Visit Website/Online Chat](#)
- Kristin Brooks Hopeline: 1-800-442-4673 or [Visit Website](#)

Information for Coping with Stress During COVID-19 Pandemic

- Suicide Prevention Resource Center: [Resources to Support Mental Health and Coping with the Coronavirus](#)
- National Alliance on Mental Illness: [COVID-19 Information and Resources](#) and [COVID-19 Resource and Information Guide](#) (downloadable)
- American Foundation of Suicide Prevention: [Mental Health & COVID-19](#)
- The Trevor Project: [Implications of COVID-19 for LGBTQ Youth Mental Health and Suicide Prevention](#)
- Center for Disease Control and Prevention: [Coronavirus 2019 Stress and Coping](#)
- SAHMSA: [Taking Care of Your Behavioral Health During an Infectious Disease Outbreak](#) (PDF)
- [Managing Anxiety and Stress Due to Coronavirus](#) (article by New York State- Office of Mental Health)
- SAMHSA: Links to [Virtual Recovery Resources](#) (online addiction treatment groups)
- Mayo Clinic: [COVID-19 Tips for Mindfulness and Coping with Anxiety](#)

For Kids:

- [Children's Mental Health Campaign](#)
- The Clay Center for Young Healthy Minds: [7 Ways to Support Kids and Teens Through the Coronavirus Pandemic](#)

Mental Health and Wellness Apps and Resources

- LIV Health: [Social Distancing Activities and Resources](#) and [Silver Linings Packet](#) (PDF)
- Ten Percent: [Coronavirus Sanity Guide](#)
- [Calm App](#) (meditation app & more) and [Daily Calm Calendar](#) (downloadable)
- [Headspace App: Weathering the Storm](#) (meditation & mindfulness)

- [Shine Toolkit: Care for Your Coronavirus Anxiety](#)
- [TalkSpace: Coronavirus Resource Hub & Support Groups](#)
- [InsightTimer](#) (free meditation app)
- [PTSD Coach Online](#) and App (U.S. Department of Veteran's Affairs- available to all)
- [SacredJourney.earth](#) (yoga/meditation, free trial)
- [Sanvello](#) (app for anxiety/depression/other – free premium access now)
- [The Mighty](#): A Supportive Community for those with Health Challenges and The Mighty: Putting the SOCIAL in Social Distancing- [Event Calendar](#)
- [Breathe2Relax](#) (Apple and Android App)
- [The Game of Real Life- a game that teaches coping skills through DBT](#) (PDF)
- [ThriveTalk Online Therapy](#)
- [Freedom App](#) (Block distracting websites and apps for more productivity- 40% discount code: APRIL40)
- [10 Telehealth Services Available Now for Medical Help](#) (article- discounted plans)
- [Self-Compassion](#) with Dr. Kristin Neff
- Students Against Depression: [Reducing Self-Harm Worksheet](#)
- [Self-Injury Website](#)
- [Self-Injury Outreach and Support](#)

Physical Health

(free or free trials)

- [Peloton](#) (cycling, running, yoga, outdoor and strength- free for 90 days)
- [DownDog](#) (yoga, yoga for beginners, HIIT, Barre, 7 Minute, Prenatal- free until May 1st for adults, free until July 1st for Teachers, Students, and Healthcare Workers)
- [GLO](#) (yoga/pilates/conditioning- free trial)
- [Planet Fitness](#) (offering live workouts through Facebook- 7pm ET daily)
- [P.VOLVE Fitness](#) (fitness with whatever equipment you have on hand- free trial)
- [FITON](#) (wide variety of workouts- always free)

- [Obe Fitness](#) (free trial)
- [Fitness Blender](#) or [Fitness Blender YouTube](#) (free online workout videos)
- [Yoga: Core Power Yoga](#)- free online classes
- [Beachbody](#) – free online classes
- [The Fitness Marshall YouTube](#) (dance exercise videos- kid friendly)

For Kids:

- [GoNoodle](#)- Get Moving and Dancing (via YouTube)
- [Cosmic Kids Yoga](#) (YouTube)

Entertainment for Watching and Listening

- The MET is offering free [live streams](#) of opera every night.
- AMC+ has a [free 30 day trial](#) (AMC, AcornTV, Sundance, etc). Code: Free30
- [Here](#) are 12 museums offering virtual tours
- Check out the [otter cam](#) from Monterey Aquarium!
- [Cincinnati Zoo and Botanical Gardens](#)
- [NPR Music Tiny Desk Concerts](#) (YouTube)
- [BroadwayHD](#) (7 day free trial)
- [Musicians Streaming Free Concerts Online Amid Global Pandemic](#) (article)

Games

- Team Alto is allowing [free access to games](#) for the next week
- Epic is allowing [free access](#) to several of its games as well
- [Escape Rooms at Home](#) (for purchase)

Audio and eBooks

- [Audible](#) is now offering 3 free titles with the 30 free trial, and has a free collection of audiobooks for children
- Kindle: 2 free months unlimited eBooks

- [Scribd](#): 30 days free eBooks, audiobooks, magazine articles and more
- [All You Can Books](#): Unlimited Audio and eBooks free for 30 days

For Kids:

- [Storyline Online](#): Stories for Kids Read by Celebrities (YouTube)
- [Story Time from Space](#): Children's Books Read by Astronauts

Learn and Draw from Home

- [Scholastic- Learn at Home](#): Free daily activities for students Pre-K and up
- [Education.com Learning Library](#): Free Tools for At-Home Learning
- [BrainPOP Online Learning](#)
- [Healthy Habits](#) video series from Sesame Street (includes free printable activity books)
- [Daily Lunch Doodle with Mo Willems](#)
- [Kid's Drawing Class from Illustrator Wendy MacNaughton](#) (Instagram)
- [Free and Fun Worksheets and Games](#) (Pre-K-8th Grade)
- [Khan Academy: Educational Resources and Tools for All](#) (including daily schedules for older kids)
- [CrashCourse](#) (Educational YouTube videos)
- [ABDO Online Library](#)
- More virtual learning resources can be found [here](#) (article)

Other Activities for Kids

- [Tasty: 21 Fun and Delicious Recipes You Can Make with Your Kids](#)
- [National Geographic Personality Quizzes for Kids](#)
- [Play Virtual Musical Instruments Online](#)
- [Highlights Kids: Interactive Games and Puzzles](#)
- [Highlights Kids: Crafts & Recipes](#)
- [Buzzfeed: 27 Indoor Activities for Kids](#)