



# COVID-19 RESOURCES

Resource Area	Resources
<b>SCHOOL PSYCHOLOGISTS- General Resources</b>	<a href="#">CASP COVID 19 Resources</a>  <a href="#">CA Dept. of Ed. COVID 19 Guidance</a>  <a href="#">NASP COVID 19 Resources</a>  <a href="#">NASP Guidance on Virtual Service Delivery</a>
<b>SCHOOL PSYCHOLOGISTS- Free and Reduced Cost Professional Development</b>	<a href="#">CBIT in Schools</a>  <a href="#">Crip Camp Movie- Trailer</a>  <a href="#">EdX Free College Courses</a>  <a href="#">Free Webinars</a>  <a href="#">IRIS Star Legacy Modules</a>  <a href="#">Mindful Schools Courses-Discounted</a>  <a href="#">NASP Podcasts</a>  <a href="#">Trauma Focused CBT</a>  <a href="#">Trauma Informed Resilient Schools</a>
<b>SCHOOL PSYCHOLOGISTS- Interns</b>	<a href="#">NASP Statement on Intern Hours</a>  <a href="#">Tips for Virtual Interviewing</a>
<b>PARENTS/CAREGIVERS- Resources for Supporting Students</b>	<a href="#">How to Talk to Your Anxious Child/Teen About Coronavirus</a>

	<a href="#"><u>Parent/Caregiver Guide to Helping Families Cope</u></a> <a href="#"><u>Tips for Supporting Someone in a Time of Change</u></a> <a href="#"><u>Tips for Working From Home with Kids</u></a> <a href="#"><u>WHO Parenting in the Time of COVID 19</u></a>
<b>PARENTS/CAREGIVERS- COVID-19 Explanations for Students</b>	<a href="#"><u>COVID-19 Social Story</u></a> <a href="#"><u>Explaining COVID-19 by People with Disabilities</u></a> <a href="#"><u>How to Stay Healthy with COVID-19</u></a>
<b>PARENTS/CAREGIVERS- Community Resources</b>	<a href="#"><u>211 for OC Community Resources</u></a> <a href="#"><u>California Youth Crisis Line</u></a> <a href="#"><u>NAMI OC Warmline</u></a> <a href="#"><u>Orange County Health Care Agency</u></a>
<b>PARENTS/CAREGIVERS- Elementary Resources</b>	<a href="#"><u>Cosmic Kids Yoga</u></a> <a href="#"><u>Elementary Learning at Home</u></a> <a href="#"><u>Go Noodle</u></a> <a href="#"><u>Mindful Schools Course for Kids</u></a> <a href="#"><u>PBIS at Home</u></a> <a href="#"><u>Social Emotional Learning at Home</u></a>
<b>PARENTS/CAREGIVERS- Secondary Resources</b>	<a href="#"><u>Tilly's Social Emotional Online Learning- I Am Me</u></a>
<b>TEACHERS</b>	<a href="#"><u>Boardmaker- Free</u></a> <a href="#"><u>Amazing Educational Resources</u></a>

<b>FOR ALL- Self Care</b>	<a href="#"><u>10 Minute Breathing Exercise</u></a>  <a href="#"><u>Down Dog App</u></a>  <a href="#"><u>Les Mills Workouts</u></a>  <a href="#"><u>Yoga with Adriene</u></a>  <a href="#"><u>YogaWorks Online</u></a>
<b>FOR ALL- Coping and Emotional Health</b>	<a href="#"><u>CDC- Coping with Disaster</u></a>  <a href="#"><u>SAMHSA Coping with Stress</u></a>  <a href="#"><u>Suicide Prevention Hotline</u></a>  <a href="#"><u>Talk Space</u></a>
<b>FOR ALL- Apps</b>	<a href="#"><u>7 Cups App</u></a>  <a href="#"><u>Calm App</u></a>  <a href="#"><u>MindShift App</u></a>  <a href="#"><u>SAM App for Managing Anxiety</u></a>  <a href="#"><u>UCLA Mindful App</u></a>