



## Well-being Resources for Families

### Websites

- **Childmind Institute:** [Coping resources for parents](#)  
Offers live video chats with experienced clinicians, remote evaluations and telemedicine, phone consultations for problem behavior, comprehensive resources for parents on COVID-19.
- **Common Sense Media:** [Resources for families during coronavirus](#)  
Understanding and supporting kids with coronavirus news coverage, how to stay calm for yourself and your kids, learning at home and homework help
- **CDC: Center for Disease Control and Prevention** [Managing stress & anxiety with coronavirus](#)

### Articles

- [Parenting during coronavirus](#)
- [Triple duty working parents](#)
- [What To Do With Kids At Home On Coronavirus Break For Who Knows How Long \(Without Losing It\)](#)
- [How to make a new home routine](#)
- [Dealing with kids during coronavirus](#)
- [Resources for Families](#)

### Apps to Support Wellbeing

- **Calm:** guided meditation, sleep stories, breathing programs, and relaxing music (age 7+)
- **Stop, Breathe, Think:** mindfulness app for kids (age 10+)
- **Talkspace online therapy:** text message therapy with a trained professional (age 13+)

- **Ten Percent Happier:** 500+ guided meditations on topics ranging from anxiety and stress to parenting and sleep, as well as videos, bite-sized stories, and inspiration you can listen to on the go (age 6+)
- **Three Good Things-a happiness journal:** digital gratitude journal (age 7+)
- **HappiMe for Young People:** brain-centered mindfulness helps kids learn positivity (age 11+)
- **Apart of Me:** support working through loss (age 11+)
  
- **Mindfulness for Teens:** This website has resources to help teens use mindfulness to handle stress and includes apps to practice meditation and guided meditation recordings. <http://mindfulnessforteens.com/>
- **Mood 247:** A text messaging system that provides an easy way to record how you're feeling and tracks your daily moods to share with friends, family, or a health professional (teens & adults). <https://www.mood247.com/>
- **Mind shift:** supports teens and young adults with anxiety

## HELPLINES

- **Crisis Text Line:** Visit [www.crisistextline.org/](http://www.crisistextline.org/) or Text "START" to 741-741
- **Lifeline Crisis Chat:** Visit [www.crisischat.org/](http://www.crisischat.org/) to chat with crisis centers around the U.S.
- **National Suicide Prevention Lifeline :** Visit [www.suicidepreventionlifeline.org/](http://www.suicidepreventionlifeline.org/) or call 1-800-273-TALK (8255)