

Resources for anxiety, your mental health and your family in a global climate of uncertainty.

Virus Anxiety.com- This site offers a “toolkit” full of MANY different resources, articles, and activities geared toward adult self-care, and ways to help support your kids during this time as well. They have links to topics such as, Financial Stress, Anxiety, Coping with Isolation, ‘Ask an Expert’ and more. A valuable wealth of resources for helping navigate the challenges of these uncertain times.

<https://www.virusanxiety.com/>

Insight Timer- This free guided meditation app has a lot of Coronavirus specific meditations to ease fear and anxiety. Great for adults too!

<https://insighttimer.com/>

Headspace- A meditation and mindfulness site is offering free meditations you can listen to anytime, great for kids and adults! The site also has sleep and movement exercises for extra support and a sense of peace during this time.

<https://www.headspace.com/covid-19>

Julia Cook's The Yucky Bug: This YouTube video shows students' illustrations and a read-aloud of Julia Cook's book about the Coronavirus.

https://www.youtube.com/watch?fbclid=IwAR0BO8sj9L9cNZ3YuH_YdBCgSFDPUrQmWQPTqm0InFSDlvHDgKSw9JEIbw&feature=youtu.be&v=ZD9KNhmOCV4

BHR- Behavior Health Response: <http://bhrstl.org/>



The BHR Youth Connection Helplines provide 24/7 crisis intervention including mobile outreaches to home and/or community agencies to provide emotional support, referral information and linkage of services for children, youth and their families in the St. Louis County, St. Louis City, St. Charles County and Franklin County. The helplines have a Follow-Up program where eligible callers will receive a follow-up call within 48 hours by a Follow-Up Coordinator who continues to ensure safety, assist with referrals and/or continues to follow-up until crisis situation has been resolved or linkage to services has taken place.