

## Resources to Assist with Coping with the Challenges of COVID-19



**Social Emotional Learning Alliance** - Website with links to numerous resources for social and emotional supports related to COVID - [Click here - COVID-19 SEL Supports](#)



**Mental Health America** - clearinghouse with links to many different topics related to mental health [Click here - https://mhanational.org/covid19](https://mhanational.org/covid19)



**National Association of School Psychologists** - [Click here - COVID-19 Resource Center](#)

**CALM.COM** - website with many different resources to promote mindfulness [Click here to visit](#)

**GONOODLE.COM** - website with a huge library of videos for “join-in” physical activity to help our minds and bodies stay health. [Click here to visit](#)

