

## Resilience Resources for Professionals

[Journal of Traumatic Stress Virtual Special Issue: Resilience and Recovery in the Era of the COVID-19 Pandemic](#)

## Assessment Resources for Professionals

[ISTSS COVID-19 Assessment Repository](#)

A catalogue of measures used to assess trauma and other related reactions to COVID-19.

[UCLA Brief COVID-19 Screen for Child/Adolescent PTSD](#)

## Telehealth Resources for Professionals

[View telehealth resources on our Treatment Materials page.](#)

## American Psychological Association

[Keeping Your Distance to Stay Safe](#)

With the number of COVID-19 cases increasing every day, psychologists offer insights on how to separate yourself from others, while still getting the social support you need.

[Seven Crucial Research Findings That Can Help People Deal with COVID-19](#)

Psychological research on past crises can help people cope with the daily — sometimes hourly — news flashes about the coronavirus.

[Five Ways to View Coverage of the Coronavirus](#)

Tips to help you manage anxiety, put news reports in perspective and maintain a positive outlook.

[Speaking of Psychology: Coronavirus Anxiety](#)

In this podcast episode, psychologist Baruch Fischhoff, PhD, explains why we worry about new risks more than familiar ones, how to calm our anxiety and what are the psychological effects of being quarantined.

[Coronavirus Threat Escalates Fears—and Bigotry](#)

Psychologists look to their research to help quell anxiety about a possible pandemic.

## American Psychiatric Association

[Coronavirus and Mental Health: Taking Care of Ourselves During Infectious Disease Outbreaks](#)

## Center for Pediatric Traumatic Stress

[Addressing the Psychological and Emotional Impact of the COVID-19 Pandemic for Children, Families and Healthcare Staff](#)

## Center for the Study of Traumatic Stress

### For Providers

- [Notifying Family Members After Unexpected Deaths](#)
- [Supporting Patients During Quarantine or Isolation](#)
- [Helping Patients Concerned about Coronavirus: A Guide for Psychiatrists](#)
- [How Clinicians and Other Healthcare Personnel Can Help Concerned Patients](#)

### For Families

- [Supporting Homebound Children](#)
- [Taking Care of Your Family](#)

### For Community Leaders

- [Sustaining Patient Well-Being During Quarantine or Confinement](#)
- [Health Risk and Crisis Communication to Enhance Community Wellness](#)
  - In Japanese: [コロナウイルスやその他の新たな公衆衛生上の脅威直面時のリーダー用リスクコミュニケーションガイド](#)
- [Critical Elements for Business Planning](#)
- [Mental Health and Behavioral Guidelines in Preparedness and Response](#)
  - In Japanese: [コロナウイルスやその他の新興感染症発生に対する準備と対応のためのメンタルヘルス・行動マニュアル](#)

## European Society for Traumatic Stress Studies (ESTSS)

[ESTSS Statement on COVID-19](#)

## Global Collaboration on Traumatic Stress

[Global COVID-19-Related Traumatic Stress Activities](#)

## Harvard TH Chan School of Public Health

- [Helplines Related to COVID-19 and Mental Health](#)
- [COVID-19 and Stigma](#)
- [How to Talk to Youth About COVID-19](#)

## Japanese Society for Traumatic Stress Studies (JSTSS)

[Public Responses to the Novel 2019 Coronavirus \(2019-nCoV\) in Japan: Mental Health Consequences and Target Populations](#)

## Medical University of South Carolina

[Managing Anxiety Related to COVID-19](#)

- In Spanish: [Manejando la Ansiedad Relacionada al COVID-19 \(“Coronavirus”\)](#)

## National Center for PTSD

### For Anyone

[Managing Stress Associated with the COVID-19 Virus Outbreak](#)

Practical steps you can take to deal with stress reactions.

[Stress First Aid Self Care](#)

### For Providers and Community Leaders

[Helping People Manage Stress Associated with the COVID-19 Virus Outbreak](#)

Five key principles for health care providers, community leaders and others concerned with the psychological welfare of the public.

### For Health Care Workers

[Managing Health Care Workers' Stress Associated with the COVID-19 Virus Outbreak](#)

Support and self-care strategies for people who work in health care.

## National Child Traumatic Stress Network

- [Parent/Caregiver Guide to Helping Families Cope with the Coronavirus Disease 2019 \(COVID-19\)](#)
  - In Spanish: [Guía De Ayuda Para Padres Y Cuidadores Para Ayudar A Las Familias A Enfrentar La Enfermedad Coronavirus 2019 \(COVID-19\)](#)
  - In Chinese: [家長/照顧者協助家庭因應新冠病毒/武漢肺炎疫情\(COVID-19\)指南](#)
- [Simple Activities for Children and Adolescents Amidst the COVID-19 Outbreak](#)
- [Take Care of Yourself](#)

## Substance Abuse and Mental Health Services Administration (SAMHSA)

[Tips For Social Distancing, Quarantine, And Isolation During An Infectious Disease Outbreak](#)

## The Schwartz Center for Compassionate Healthcare

[Well-Being in the Chaotic Context of Disasters](#)

These webinar slides include information about Stress First Aid Self Care.

## World Health Organization

[Briefing Note on Addressing Mental Health and Psychosocial Aspects of COVID-19 Outbreak](#)

This resource provides summaries of key mental health and psychosocial support considerations in relation to the coronavirus outbreak.

[Getting Your Workplace Ready for COVID-19](#)

This resource provides information for businesses and employers on how they can play a role in preventing the spread of the coronavirus in the workplace, what employers should consider when it comes to employee travel, and what to do if the community becomes affected.

[Addressing Stigma Associated with COVID-19](#)