



Calm



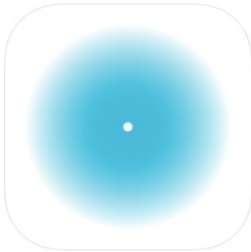
Headspace



Stop, Breath
& Think



Happify



Breathr



Mindshift CBT

For Parents

Glitter jars

<https://www.firefliesandmudpies.com/glitter-timers/>

STAR breathing charts and other coping tools

<https://store.copingskillsforkids.com/products/deep-breathing-printables>

<http://www.plantlovegrow.com/anxiety--insecurity.html>

Mindfulness apps and activities

<https://www.healthline.com/health/mental-health/top-meditation-iphone-android-apps>

<https://positivepsychologyprogram.com/mindfulness-for-children-kids-activities/>

<https://gozen.com/>

<http://leftbrainbuddha.com/resources-for-teaching-mindfulness-to-your-children/>

For Clinicians

Guidelines for Adolescent Depression in Primary Care tool-kit (GLAD-PC)

<http://www.glad-pc.org/>

Johns Hopkins Center for Mental Health Services in pediatric Primary Care

<http://web.jhu.edu/pedmentalhealth/links.html>

JHU Med list

<http://web.jhu.edu/pedmentalhealth/images/Monitoring%20Meds.pdf>

COVID-19 and Adolescent Mental Health

What to do if you're anxious or worried about coronavirus (COVID- 19) (Anxiety Canada)

<https://www.anxietycanada.com/articles/what-to-do-if-you-are-anxious-or-worried-about-coronavirus-covid-19/>

Looking after your mental health during the Coronavirus outbreak (Mental Health Foundation, UK)

<https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak>

Coping With Coronavirus: Managing Stress, Fear, and Anxiety (NIMH, US)

<https://www.nimh.nih.gov/about/director/messages/2020/coping-with-coronavirus-managing-stress-fear-and-anxiety.shtml>

Coronavirus: How to protect your mental health (BBC)

<https://www.bbc.com/news/health-51873799>