



## Mental Health

Articles, essays, curriculum, videos and other resources for providing mental health support during the Pandemic.



## SHIFTING TO A POST-PANDEMIC TIME: (CLICK TO VIEW)

- [Four Things Teens Should Keep Doing Post-Pandemic](#), by Elyse Salek
- [The pandemic is threatening our children's ability to cope](#), by Joan Steinberg and Harold S. Koplewicz
- [Here's how to help your kids break out of their pandemic bubble and transition back to being with others](#), at The Conversation
- [Prepare your kids mentally for the transition back to school](#), by Dr. Neha Chaudhary CNN
- [Teenagers and Back to School Stress](#), by Caroline Miller

## MANAGING THE HOLIDAYS (CLICK TO VIEW)

- [Holidays During the Pandemic](#), by Caroline Miller
- [5 Things That Will Make You Happier](#), by Laurie Santos

## ONLINE COURSES: (CLICK TO VIEW)

- [Managing Emotions in Times of Uncertainty and Stress](#)

## GENERAL RESOURCES: (CLICK TO VIEW)

- [Compiled Mental Health Resources](#)
- [Tending to the Mental Health of Adolescents](#)
- [COVID-19 and Youth Mental Health](#), at Voices of Youth
- [Mental Health and COVID-19](#), at Mental Health America
- [Implications of COVID-19 for LGBTQ Youth Mental Health and Suicide Prevention](#), at the Trevor Project
- [Mental health effects of school closures during COVID-19](#), by Joyce Lee
- [How teenagers can protect their mental health during coronavirus \(COVID-19\)](#), at Unicef
- [Why Teens May Never Be the Same After the Pandemic](#), by Scottie Andrew, CNN
- [How to talk to your kids about Coronavirus](#), by Deborah Farmer Kris, PBS Kids
- [The ultimate kids' guide to the new coronavirus](#), by Live Science Staff
- [LISTEN: Yale Expert on Coping with Stress During a Pandemic](#), at npr
- [Adapting to Living in Isolation](#), at CBS Sunday Morning
- [Supporting Teenagers and Young Adults During the Coronavirus Crisis](#), by Caroline Miller at Child Mind Institute
- [It's Not Just You. There's a Reason Kids Are Clingy Right Now](#), by Catherine Pearson
- [Stress, Anxiety, or Depression? Treatment Starts With the Right Diagnosis](#), by Kathleen Raven
- [Dr. Josephine Kim Talks About How to Raise Healthy Individuals](#)
- [Seven Ways to Reduce Stress in Anxious Times](#), by Elizabeth Bernstein
- [Will My Child Bounce Back from the Coronavirus Crisis?](#), by Hannah Sheldon-Dean at Child

## Mind Institute

- [To improve students' mental health, Yale study finds, teach them to breathe](#), by Brita Belli
- [Taking Your 'Mental Health' Temperature During COVID-19](#), by Kathy Katella
- [Yale neuroscientist discusses how coronavirus pandemic stress alters brain chemistry](#), by Susan Dunne
- [COVID-19 Dreams? Here's What They Mean](#), by Kathy Katella
- [Mental Resilience Can Help You Through the Coronavirus Pandemic; Here's How to Build It](#), by Andrea Petersen
- [The Toll That Isolation Takes on Kids During the Coronavirus Era](#), by Andrea Petersen
- [What Selfies Are Doing to Self-Esteem](#), by Rachel Ehmke
- [Dear Teenagers, Here's How to Protect Your Emotional Well-Being](#), by Lisa Damour
- [5 Tips to Fighting Pandemic Fatigue in Ministry](#), at Ministry Architects
- [How parents shape their children's mental health](#), by Elissa Strauss at CNN
- [Four things you can do to support your teen's mental health](#), at Unicef
- [Post-Traumatic Growth May Be the Silver Lining of Trauma - Here's How to Harness It](#), by Cassie Shortsleeve
- [How Everyday People Find Time to Care For Their Mental Health](#), by Beverly Ford

## ANXIETY: *(CLICK TO VIEW)*

- [Managing Anxiety During Reopening](#), by Gia Miller at Child Mind Institute
- [Trusting God in Anxious Times Curriculum](#), by Philip Browning Hesel
- [Mentoring Youth for Joy in Anxious Times](#), by Allan Hugh Cole, Jr. and Philip Browning Hesel
- [Anxiety Among Adolescents Video](#), by Allan Hugh Cole, Jr. and Philip Browning Hesel
- [Joy and Anxiety Video](#), by Allan Hugh Cole, Jr. and Philip Browning Hesel
- [YMI Video Playlists - Anxiety](#)
- [Feeling Anxious About COVID-19?](#), by Colleen Moriarty at Yale Medicine
- [How to Ease Children's Anxiety About COVID-19](#), at the National Alliance on Mental Health
- [Tips to Help Teens Cope During COVID-19](#), by Rubina Kapil
- [5 Ways to Help Teens Manage Anxiety About the Coronavirus](#), by Lisa Damour, New York Times
- [Coping with Coronavirus: Managing Stress, Fear and Anxiety](#), by Joshua Gordon
- [Parents: How to Handle TMI](#), by Wendy Silverman at the Yale Child Study Center
- [How to cope with my coronavirus \(COVID-19\) anxiety?](#), by Emily Guarnotta, PsyD
- [The Power of Myth: The Benefits of Sharing Family Stories of Hard Times](#), by Sue Shellenbarger, Wall Street Journal
- [10 Sneaky Ways Your Coronavirus Anxiety is Coming Out](#), by Dominique Astorino
- [Mindfulness: How It Can Help Amid the COVID-19 Pandemic](#), by Kathy Katella at Yale Medicine
- [Dr. Josephine Kim on Understanding the Impact of COVID-19 on Youth and Signs to Watch For](#)
- [Dr. Josephine Kim Talks About PTSD](#)



- [Dr. Josephine Kim Addresses What to Say to Struggling Youth](#)

#### DEPRESSION: *(CLICK TO VIEW)*

- [Nurturing Joy: Emotional Health 101 Curriculum](#), by Nadja Reilly, Sarah Farmer and Katherine Hyde
- [Depression in Biblical Days Curriculum](#), by Nadja Reilly, Sarah Farmer and Katherine Hyde
- [Spiritual Awakening: Joy and Depression A Unified Pathway](#), by Dr. Lisa Miller
- [YMI Video Playlists - Depression](#)
- [Supporting Teenagers and Young Adults During the Coronavirus Crisis](#), by Caroline Miller at the Child Mind Institute
- [Checking In on Your Teenager's Mood During COVID-19](#), at NYU Langone Health
- [Why teens may never be the same after the pandemic](#), by By Scottie Andrew, CNN
- [Signs of Depression During the Coronavirus Crisis](#), by Caroline Miller at the Child Mind Institute
- [Parenting a Depressed Teenager](#), by Stephanie Dowd
- [Suicidal thoughts are increasing in young kids, experts say. It began before the pandemic](#), at NBC News
- [Sleep and Depression](#), by Katie Harris

#### FAMILY INSTABILITY: *(CLICK TO VIEW)*

- [Tuning Into Joy Curriculum](#), by Sharon Galgay Ketcham
- [Family Instability, Lament and Blue Herons](#), by Sharon Galgay Ketcham
- [YMI Video Playlists - Family Instability](#)
- [Resources to Support Youth and Families During the Coronavirus COVID-19 Outbreak](#), at youth.gov
- [Supporting Families During COVID-19](#), at the Child Mind Institute
- [Quaranteenagers: Strategies for Parenting in Close Quarters](#), by Lisa Damour
- [Parents Minding of Slippery Slopes](#), by Wendy Silverman
- [Mothering in a Pandemic](#), by Anne L. Alstott

#### GRIEF: *(CLICK TO VIEW)*

- [That COVID-19 Feeling? It's Called 'Anticipatory Grief'](#), by Adam Bulger
- [Grief and COVID-19: Mourning our by-gone lives](#), by Kirsten Weir
- [The Kids May Not Be Alright. And That's Ok](#), by Helen H. O'Donnell
- [Helping Your Child Manage Disappointment About Abrupt Changes to the End of the School Year](#), at NYU Langone Health
- ["Psychological Works" Factsheet: Helping Teens Cope with the Impacts of and Restrictions Related to COVID-19](#), at Canadian Psychological Association



- [The Reality of COVID-19 Is Hitting Teens Especially Hard](#), by Christopher Null
- [You're Allowed to Grieve the Year that Would Have Been](#), by Candace Marie Benbow
- [How to help a grieving teen](#), by The Dougy Center
- [Taking care of your mental health during Coronavirus](#), by What's Your Grief
- [That Discomfort You're Feeling is Grief](#), by Scott Berinato at Harvard Business Review

SUBSTANCE ABUSE: *(CLICK TO VIEW)*

- [God's Work of Art - Your Brain Curriculum](#), by Joyce Mercer
- [Who Am I Before God Curriculum](#), by Joyce Mercer
- [Paths to a Joyful Expression of Self Curriculum](#), by Joyce Mercer
- [Fake Joy: Substance Abuse and Young People's Search for Joy](#), by Joyce Mercer and Charles E. Atkins, Jr.
- [YMI Video Playlist - Substance Abuse](#)
- [The Addiction and COVID-19 Connection](#), by Hayley Hudson
- [Vaping and COVID-19: Is Now a "Reachable Moment" to Help Your Teen Quit?](#), by Kathleen Raven at Yale Medicine