



## Resources to Help Kids Navigate Uncertainty and Anxiety

The [Child Mind Institute](#) is a nation-wide non-profit providing resources for children with mental health and/or learning challenges. Check out just a sampling of their work:

- [Supporting Kids During the Coronavirus Crisis](#)
- [Talking to Kids About the Coronavirus](#)
- [Supporting Teenagers and Young Adults During the Coronavirus Crisis](#)
- [Screen Time During the Coronavirus Crisis](#)

Leading the way with child-friendly mental health resources is [Free Spirit Publishing](#) in Minneapolis, MN. They've published a variety of children's books to help kids with:

- [Stress and Anxiety](#)
- [Coping Strategies](#)
- [Behavior and Emotions](#)
- [Self Help for Kids, Everyday Feelings](#)
- [Everyday Mindfulness](#)

The [Boston Children's Hospital](#) website has a wonderful resource section that includes articles on:

- [Keeping Kids Busy During COVID-19](#)
- [How to Talk to Your Children About Coronavirus](#)
- [Coping With Their Pandemic Anxiety](#)

The [Anxiety and Depression Association of America](#) has published a variety of resources on mental health challenges during COVID-19, including:

- [How to Talk to Your Anxious Child or Teen About Coronavirus](#)
- [Something Bad Happened: A Kid's Guide to Learning About Events in the News](#)