



Mental Health and Substance Use Resources

General Mental Health Resources

[How to Help Children Manage Fears](#)

[22 Things People with Mental Illness Wish Their Parents Knew](#)

Supporting Children Through the Current Health Crisis

[How to Talk to Your Anxious Child About the Coronavirus](#)

[5 Ways to Help Teens Manage Anxiety About the Coronavirus](#)

[Just For Kids: A Comic Exploring The New Coronavirus](#)

Ideas to Practice Positive Mental Health at Home

[Practice Mindfulness](#)

[Positive Self-Talk](#)

[99 Coping Skills](#)

Substance Use Resources

[How to Deal with Anxiety Without Turning to Drugs](#)

[Substance Abuse: Are You Worried Your Teen May Using?](#)