For more resources on coping techniques visit the following websites:

https://www.nih.gov/health-information/emotional-wellness-toolkit
https://www.health.harvard.edu/topics/mind-and-mood
https://www.apa.org/helpcenter/

For up-to-date information on COVID-19 the following websites are considered verified and reliable information sources:

https://www.who.int/emergencies/diseases/novel-coronavirus-2019

For questions regarding these resources call:
MHOOD Clinic M-F 0800-1530 (619) 767-6127

Coping through COVID-19
Caring for yourself and others during uncertainty.
Things to Remember:

- Practice what you preach! Modeling healthy behaviors will not only help your own resilience but will encourage your friends, family, and children to do the same. Encouraging others to care for themselves can be a quick way to maintain connection to others while keeping yourself on track as well.

- Stay informed and verify sources. Inaccurate information is a recipe for unnecessary stress. Make sure your informational sources are credible and verified.