



Coping with Stress During Coronavirus Pandemic

The current outbreak of the coronavirus disease (COVID-19) has been very stressful. It is natural to be overwhelmed with feelings of stress, anxiety, grief, and worry, but it is also very important to notice and accept how you are feeling. Taking care of your emotional health will help you to think clearly and foster a healthy home environment for yourself and your family during this critical time.

Stress Management Resources for Parents

- <https://www.verywellmind.com/what-is-social-distancing-4799570>
- <https://www.nimh.nih.gov/health/publications/helping-children-and-adolescents-cope-with-disasters-and-other-traumatic-events/index.shtml>
- <https://childmind.org/article/supporting-kids-during-the-covid-19-crisis/>
- <https://www.cnn.com/2020/03/05/health/coronavirus-how-to-talk-to-children-trnd/index.html>
- <https://www.njfamily.com/how-to-manage-your-kids-anxiety-over-coronavirus/>



Information and resources for shelters, support groups, and organizations that are dedicated to helping adults and children in unsafe environments

Safe Horizon

<https://www.safehorizon.org>
Shelter in the 5 boroughs of New York,
1-800-621-HOPE (4673)

Safe Homes Project

<https://goodshepherds.org/program/safe-homes/>
718-499-2151

Urban Resource Institute for Domestic Violence

<https://urinyc.org>
718-439-1000

The Center for Anti-Violence Education

<https://www.caeny.org>
327 7th Street, 2nd floor
Brooklyn, NY 11215
718-788-1775

NYC Family Justice Center

<https://www1.nyc.gov/site/ocdv/programs/family-justice-centers.page> Brooklyn
350 Jay Street, Brooklyn, 11201
718- 250-5113

National Domestic Violence Hotline

<https://ncadv.org>
National Domestic Violence Hotline at
800-799-SAFE (7233).

Womankind

504 62nd Street, Brooklyn, NY 11220 Monday:
9am-7pm and Tuesday – Friday: 9am-5pm
24/7 Multilingual Helpline: 1-888-888-7702



If you, or someone you care about, are feeling overwhelmed with emotions like sadness, depression, or anxiety, or feel like you want to harm yourself or others please call 911 or Substance Abuse and Mental Health Services Administration's (SAMHSA's) Disaster Distress Helpline: 1-800-985-5990 or text TalkWithUs to 66746. (TTY 1-800-846-8517)