

From NACTATR (North American Center for Threat Assessment and Trauma Response)  
<https://www.nactatr.com/resources.html>

## **Self-Assessment**

Alberta Gov't: [Online Self-Assessment Tool \(COVID-19\)](#)

## **Resources – Parents – Talking to your Children about COVID - 19**

Anxiety and Depression Association of America: [How to Talk to Your Anxious Child or Teen About Coronavirus](#)

The Conversation: [How to talk to your kids about COVID-19](#)

National Association of School Psychologists: [Talking to Children About COVID-19 \(Coronavirus\): A Parent Resource](#)

NASP: [Countering COVID-19 \(Coronavirus\) Stigma and Racism: Tips for Parents and Caregivers](#)

Kids Health: [Coronavirus \(COVID-19\): How to Talk to Your Child](#)

World Health Organization: [Helping children cope with stress during the 2019-nCoV outbreak](#)

Child Mind.org: [Talking to Kids About the Coronavirus](#)

New York Times: [5 Ways to Help Teens Manage Anxiety About the Coronavirus](#)

International OCD Foundation: [Here are some tips specifically for parents of youth with OCD:](#)

ADDitude – Inside the ADHD mind: [How to Explain Coronavirus to a Child with Anxiety – Expert Tips](#)

Psychology Today: [How to Explain Coronavirus to a Child with Autism](#)

Brighter Horizons: [Talking to Children about COVID-19 \(novel coronavirus\)](#)

PBS: [How You and Your Kids Can De-Stress During Coronavirus](#)

National Child Traumatic Stress Network: [Parent/Caregiver Guide to Helping Families Cope With the Coronavirus Disease 2019 \(COVID-19\)](#)

National Public Radio (NPR): [Just For Kids: A Comic Exploring The New Coronavirus](#)

Emotional Literacy Support Assistant: [Book Chapter: Coronavirus Story for Children](#)

National Geographic: [Talking to Your Kids about Coronavirus](#)

CDC: [Talking with children about Coronavirus Disease 2019: Messages for parents, school staff, and others working with children](#)

American Psychological Association: [Five Ways to View Coverage of the Coronavirus with a Podcast](#)

### **Resources – Parents - Other**

KidsActivities.com: [List of Education Companies Offering Free Subscriptions Due to School Closures](#)

HuffPost: [30 Parents Share Their Favorite At-Home Activities to Help Bored Kids](#)

Berliner Philharmoniker: [30-Day free access to the Digital Concert Hall](#)

Travelandleisure.com: [12 famous museums offering virtual tours](#)

MCHARPER MANOR: [Starting Monday, March 16th, there will be “live DAILY ... free art tutorials to keep spirits up, families engaged and creativity flowing.](#)

TEDEd: [TEDEd for free videos across all subject areas.](#)

NatGeokids.com: [Activities, quizzes for younger kids.](#)

Duolingo.com: [Learn languages for free, web or app.](#)

Storylineonline.net: [Tip for Kids and Coronavirus](#)

Youtube: [Hand Washing Video for Young Children](#)

Youtube: [Hand Washing/Coughing \(Cartoon\) Video for Young Children](#)

## **Resources – Educators**

UNICEF: [How teachers can talk to children about coronavirus disease \(COVID-19\)](#)

NASP: [Countering Coronavirus Stigma and Racism: Tips for Teachers and Other Educators](#)

CDC: [Talking with children about Coronavirus Disease 2019: Messages for parents, school staff, and others working with children](#)

NASP: [Responding to COVID-19: Brief Action Steps for School Crisis Response Teams](#)

NASP: [Preparing for Infectious Disease Epidemics: Brief Tips for School Mental Health Professionals](#)

Youtube: [Hand Washing Video for Young Children](#)

Youtube: [Hand Washing/Coughing \(Cartoon\) Video for Young Children](#)

ADDitude – Inside the ADHD mind: [How to Explain Coronavirus to a Child with Anxiety – Expert Tips](#)

Psychology Today: [How to Explain Coronavirus to a Child with Autism](#)

American Psychological Association: [Five Ways to View Coverage of the Coronavirus with a Podcast](#)

ACE's Connection: [Resilience During a Pandemic](#)

American Psychological Association: [Five Ways to View Coverage of the Coronavirus with a Podcast](#)

## **Resources – Children and Youth**

Kids help phone: <https://kidshelpphone.ca/get-info/were-here-for-you-during-covid-19-novel-coronavirus/>

Youtube: [Hand Washing Video for Young Children](#)

Youtube: [Hand Washing/Coughing \(Cartoon\) Video for Young Children](#)

KidsActivities.com: [List of Education Companies Offering Free Subscriptions Due to School Closures](#)

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Storylineonline.net: [Tip for Kids and Coronavirus](#)

## **Resources – About COVID - 19**

CDC United States:

[How COVID-19 Spreads](#)

[How to Protect Yourself](#)

[Protect Your Family](#)

[Protect Your Home](#)

## Manage Anxiety & Stress

The U.S. Center for Disease Control (CDC) news release: Mental Health and Coping During COVID-19

Health Canada: Coronavirus disease (COVID-19)

Canadian Psychological Association: “Psychology Works” Fact Sheet: Coping with and Preventing COVID-19

CTV News: Origins of All COVID-19 Cases in Canada

World Health Organization: World Health Organization – Dashboard

## **Resources – Corporate / Human Resources**

McKinsey and Company: COVID-19 Implications for Business

Towards Data Science: Top Resources for COVID-19 in the Workplace

NCDHHS: COVID-19 Businesses and Employers

Gov't of Canada: Coronavirus Resources for Canadian Businesses

The Washington Post: Why Outbreaks Spread Exponentially