

## **Berkeley College Counseling and Wellness Services Resource Master List for Coping During COVID-19**

*\*This is a living document and will be updated as more resources become available.*

### ***Stress Management and Self-Care:***

SAMHSA Coping with Stress During Infectious Disease Outbreaks:

<https://store.samhsa.gov/system/files/sma14-4885.pdf>

Coronavirus and your well-being:

<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>

Apps to help with mental health:

<https://www.common sense media.org/lists/apps-to-help-with-mental-health>

### ***Mindfulness and Meditation:***

Headspace – Weathering the Storm:

<https://www.headspace.com/covid-19>

Smiling Mind (Australian-based):

<https://www.smilingmind.com.au/>

The Free Mindfulness Project:

<http://www.freemindfulness.org/download>

Stop, Breathe & Think:

<https://www.youtube.com/channel/UCkB9zEEqnP9kMlf5VChd99Q>

### ***Support for Parents and Caregivers:***

Talking to Children about COVID-19 – A Parent Resource:

[https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-\(coronavirus\)-a-parent-resource](https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource)

On Talking to Children about Social Distancing:

[https://www.drabilias.com/post/on-talking-to-children-about-social-distancing?fbclid=IwAR1yfftyx2wXuXjiaUBGa805HVlxcAb2mbEXdAgz7Ee82aXsthmvonH\\_Jg](https://www.drabilias.com/post/on-talking-to-children-about-social-distancing?fbclid=IwAR1yfftyx2wXuXjiaUBGa805HVlxcAb2mbEXdAgz7Ee82aXsthmvonH_Jg)

How to Talk to Teens about the New Coronavirus:

<https://www.health.harvard.edu/blog/how-to-talk-to-teens-about-the-new-coronavirus-2020031419192>

Child Mind Institute – Supporting Kids During the Coronavirus Crisis:

[https://childmind.org/article/supporting-kids-during-the-covid-19-crisis/?utm\\_source=newsletter&utm\\_medium=email&utm\\_content=%20Parents%20Guide%20to%20Problem%20Behavior&utm\\_campaign=Weekly-03-16-20](https://childmind.org/article/supporting-kids-during-the-covid-19-crisis/?utm_source=newsletter&utm_medium=email&utm_content=%20Parents%20Guide%20to%20Problem%20Behavior&utm_campaign=Weekly-03-16-20)

NYU Langone Dept. of Child and Adolescent Psychiatry – School's Out: A Parents' Guide for Meeting the Challenge:

<https://mailchi.mp/nyumc/csc-parental-guide-covid-19-1049030?e=7d81d2c303>

Tips for working at home with children present:

<https://thefederalist.com/2020/03/16/14-strategies-for-working-from-home-around-children-without-endless-screen-time/>

Mom2Mom Hotline (1-877-914-6662) – Peer support for mothers with children who have special needs:

<https://www.nj.gov/dcf/families/csc/Mom2MomBrochure.pdf>

Free courses for kids:

- Scholastic  
[https://www.mystateline.com/news/scholastic-releases-free-daily-courses-for-kids-stuck-home-amid-coronavirus-school-closures/?fbclid=IwAR0rffrWE6\\_EUluV5WBENZE8pyepPtmkDYwcmPHIF6TH8KEJxa1JGLBpk](https://www.mystateline.com/news/scholastic-releases-free-daily-courses-for-kids-stuck-home-amid-coronavirus-school-closures/?fbclid=IwAR0rffrWE6_EUluV5WBENZE8pyepPtmkDYwcmPHIF6TH8KEJxa1JGLBpk)
- Khan Academy:  
<https://learn.khanacademy.org/khan-academy-kids/>

Free resources and subscriptions for remote learning and home schooling:

<https://qns.com/story/2020/03/16/free-resources-and-subscriptions-for-remote-learning-and-home-schooling-due-to-coronavirus/>

New York Public Library Online Tools for Kids and Parents:

[https://www.nypl.org/kids-tools-online?utm\\_source=eNewsletter&utm\\_medium=email&utm\\_content=NYPLConnect\\_20200317&utm\\_campaign=NYPLConnect](https://www.nypl.org/kids-tools-online?utm_source=eNewsletter&utm_medium=email&utm_content=NYPLConnect_20200317&utm_campaign=NYPLConnect)

New York Public Library Opposing Viewpoints Resource Center – Help student develop critical-thinking skills:

[https://www.nypl.org/collections/articles-databases/opposing-viewpoints-resource-center?utm\\_source=eNewsletter&utm\\_medium=email&utm\\_content=NYPLConnect\\_20200317&utm\\_campaign=NYPLConnect](https://www.nypl.org/collections/articles-databases/opposing-viewpoints-resource-center?utm_source=eNewsletter&utm_medium=email&utm_content=NYPLConnect_20200317&utm_campaign=NYPLConnect)

New York Public Library Bookflix:

[https://www.nypl.org/collections/articles-databases/bookflix?utm\\_source=eNewsletter&utm\\_medium=email&utm\\_content=NYPLConnect\\_20200317&utm\\_campaign=NYPLConnect](https://www.nypl.org/collections/articles-databases/bookflix?utm_source=eNewsletter&utm_medium=email&utm_content=NYPLConnect_20200317&utm_campaign=NYPLConnect)

Educational shows on Netflix:

[https://homeschoolhideout.com/educational-shows-on-netflix/?fbclid=IwAR2qMcvjEG4\\_99GtGcaYFqJ5klc-zANUnfPM2Riagx1gHE8kxjRDDZQqFvA](https://homeschoolhideout.com/educational-shows-on-netflix/?fbclid=IwAR2qMcvjEG4_99GtGcaYFqJ5klc-zANUnfPM2Riagx1gHE8kxjRDDZQqFvA)

30 activities to keep kids busy:

<https://vanessakynes.com/activities-to-keep-kids-busy/>

Coronavirus Guide for Parents: 100s of Activities and Resources:

<https://mommypoppins.com/family/coronavirus-pandemic-update-indoor-activities-resources-kids>

### ***At-Home Activities:***

List of cultural institutions with virtual shows/tours:

<https://www.cnn.com/style/article/what-to-do-at-home-streaming-art-museums-concerts-coronavirus-trnd/index.html>

Sign up for an online, free dancing class:

[https://try.steezy.co/beginner-program/?campaignid=2037296367&adgroupid=74675292151&adid=355769259529&gclid=EAlaQobChMI66Pml8ik6AIVD18NCh1CoQI0EAAYAiAAEgIFiPD\\_BwE](https://try.steezy.co/beginner-program/?campaignid=2037296367&adgroupid=74675292151&adid=355769259529&gclid=EAlaQobChMI66Pml8ik6AIVD18NCh1CoQI0EAAYAiAAEgIFiPD_BwE)

Organize your closet:

<https://www.thespruce.com/how-to-organize-your-closet-2648411>

Learn to knit:

<https://www.thesprucecrafts.com/learn-to-knit-2116465>

Learn to play chess:

[https://readynutrition.com/resources/cheat-sheet-for-making-homemade-yogurt\\_15052014/](https://readynutrition.com/resources/cheat-sheet-for-making-homemade-yogurt_15052014/)

Make your own yogurt:

[https://readynutrition.com/resources/cheat-sheet-for-making-homemade-yogurt\\_15052014/](https://readynutrition.com/resources/cheat-sheet-for-making-homemade-yogurt_15052014/)

Make your own household cleaners:

[https://readynutrition.com/resources/1-household-products-you-never-have-to-buy-again-with-shopping-list\\_27012014/](https://readynutrition.com/resources/1-household-products-you-never-have-to-buy-again-with-shopping-list_27012014/)

### ***Exercise:***

Fitness Blender:

<https://www.fitnessblender.com/videos>

FitOn – free videos that can be done without equipment:

<https://fitonapp.com/>

Nike Training Club – they offer a lot of free videos without having to pay for their subscription:

<https://www.nike.com/ntc-app>

Fitness studios currently offering free, online content:

<https://www.popsugar.com/fitness/online-workouts-that-are-free-during-coronavirus-outbreak-47314788>

Yoga with Cassandra – free videos:  
<https://www.youtube.com/user/yogawithkassandra>

POPSUGAR Fitness:  
<https://www.youtube.com/user/popsugartvfit>

### ***Social Connection:***

Tips for staying connected:  
<http://theconversation.com/social-distancing-can-make-you-lonely-heres-how-to-stay-connected-when-youre-in-lockdown-133693>

### ***Recipes:***

Quick and healthy dinner ideas:  
<https://ifoodreal.com/clean-eating-recipes-dinners/>

Making freezer-friendly meals:  
<https://www.vogue.com/article/6-tips-on-how-to-make-a-delicious-freezer-friendly-meal>

Cooking on a budget:  
<https://www.budgetbytes.com/>

The 13 best sites for finding simple, cheap recipes:  
<https://andthenwesaved.com/13-best-sites-simple-cheap-recipes/>

### ***Financial Assistance:***

List of financial resources for help if you have been impacted by coronavirus:  
<https://www.msn.com/en-us/money/news/list-financial-resources-to-help-if-you-are-impacted-by-coronavirus/ar-BB113JAR>

Paid Sick Leave Bill providing immediate assistance to individuals affected by COVID-19:  
<https://www.governor.ny.gov/news/governor-cuomo-announces-three-way-agreement-legislature-paid-sick-leave-bill-provide-immediate>

### ***Housing and Food:***

Coalition for the Homeless – Crisis Intervention Department. They help connect individuals with housing and other needs. See below for their contact info and hours of operation:  
<http://www.coalitionforthehomeless.org/resources/coalition-for-the-homeless-crisis-intervention-department/?query=housing&filter=>  
(They highly suggest making an appointment)

NYC Housing Connect – Search and apply for affordable housing in the 5 boroughs. Use the links on the right hand side to navigate the database:

<https://a806-housingconnect.nyc.gov/nyclottery/lottery.html#home>

Breaking Ground – If you navigate to the “Our Housing” link on the left side of the page, there is a list of housing developments that are currently accepting applications. Filter for “NYC Area” in the drop-down menu:

<https://breakingground.org>

Applying for affordable housing through NYCHA. See below for eligibility requirements and how to apply:

<https://www1.nyc.gov/site/nycha/eligibility/eligibility.page>

Homeless shelter directory:

<https://www.homelessshelterdirectory.org/>

Find a food pantry:

<http://www.findafoodpantry.org/>

### ***Support and Crisis Hotlines:***

List of free telephone counseling hotlines in the US:

<https://www.opencounseling.com/hotlines-us>

#### **National Suicide Prevention Lifeline**

1-800-273-8255 (1-800-273-TALK) | [website](#)

Veterans in crisis, press “1” to be directed to local VA resources

Deaf, hard of hearing TTY and chat options [here](#)

En Español, call 1-888-628-9454

#### **Crisis Text Line**

Text HOME to 741-741 | [website](#)

#### **Lifeline Crisis Chat**

Visit their [website](#) to learn more and chat

**We are here to help!**

**To make a counseling appointment, please contact the Office of  
Counseling and Wellness Services:**

<https://berkeleycollege.edu/student-life/campus-life/health-counseling-wellness/index.html>