

Resources on Anxiety and Depression Services

<http://www.suffolkpsych.org/pdfs/self-care-during-covid-19-for-teens.pdf>

<https://childmind.org/article/talking-to-kids-about-the-coronavirus/>

<http://psychrescue-covid19.com/>

<https://onedrive.live.com/edit.aspx?resid=BB49E2B63D6B7E4!44444&ithint=file%2cdocx&authkey=!APgmLfuTqA46qVQ>

https://childmind.org/autism-coronavirus-resources-for-parents/?utm_source=newsletter&utm_medium=email&utm_content=%20Parents%20Guide%20to%20Problem%20Behavior&utm_campaign=Weekly-04-08-20

<http://www.suffolkpsych.org/pdfs/right-now-coloring-book.pdf>

<http://www.suffolkpsych.org/pdfs/right-now-illustrated-book.pdf>

<http://www.suffolkpsych.org/pdfs/kids-apps-for-mental-health.pdf>

<https://adaa.org/finding-help/coronavirus-anxiety-helpful-resources>

<http://www.suffolkpsych.org/find-a-psychologist-search.asp>

<https://www.meaningfulpsychservices.com/> Dr. Laura Van Schaick-Harman, Psy.D.