Resources for managing stress, anxiety, and depression:

* Erika’s Lighthouse <https://www.erikaslighthouse.org/teens/>
* SuperBetter <https://www.superbetter.com/>
* Headspace <https://www.headspace.com/covid-19>
* Yoga Calm <https://www.yogacalm.org/free-yoga-class/>
* Guide to Living with Worry and Anxiety Amidst Global Uncertainty [https://www.psychologytools.com/articles/free-guide-to-living-with-worry-and-anxiety](https://www.psychologytools.com/articles/free-guide-to-living-with-worry-and-anxiety-amidst-global-uncertainty/?utm_campaign=sswn_newsletter&utm_medium=email&utm_source=Revue%20newsletter)
* Coping Skills for Kids (and kids at heart) <https://copingskillsforkids.com/coping-with-coronavirus>

