

## **MENTAL HEALTH RESOURCES FOR FAMILIES:**

<https://afsp.org/mental-health-and-covid-19>



### [Mental Health and COVID-19 | AFSP](https://afsp.org/mental-health-and-covid-19)

Mental Health and COVID-19. Advice and guidance. Social sharing. Public messages. Resources & Programs. We are amid an unprecedented public health crisis, yet we also have an extraordinary opportunity to come together within our families and our communities to improve the understanding of mental health.

[afsp.org](https://afsp.org)

<https://www.unicef.org/es/coronavirus/covid-19>

<https://vkc.vumc.org/assets/files/resources/visual-supports-community.pdf>

<https://www.parents.com/fun/activities/indoor/virtual-activities-for-kids-thatd-be-fun-even-if-you-werent-stuck-at-home/>

<https://www.tripsavvy.com/virtual-field-trips-for-kids-3129414>



### [Top Virtual Field Trip Ideas for Kids of All Ages](https://www.tripsavvy.com/virtual-field-trips-for-kids-3129414)

Virtual field trips instantly connect students with learning opportunities they may not get to experience otherwise. And it can all happen from the comfort of a computer. You can take kids on a unique adventure to Mount Rushmore or the Louvre in just a few clicks with these top virtual field trips for kids of all ages.

[www.tripsavvy.com](https://www.tripsavvy.com)