

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://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