

Resources:

Breath2Relax app

Catherine Pearson. How to spot signs of trauma in children during COVID-19. Huffpost. March. 09, 2021.

CBS NEWS .How the UN is combating COVID-19's devastating blow to women. April 2, 2021.

Coping with loss 115 helpful websites on Grief and Bereavement

- <https://www.mastersincounseling.org/loss-grief-bereavement.html>

Downloadable app: <https://www.calm.com>

Downloadable app: <https://www.headspace.com>

Lucy McBride, Roxne Cohen Silver. We are doctors who study trauma. Here's how to cope with the covid-19 crisis. March 09, 2021

Mental Health America:

<https://www.mhanational.org>

National Alliance of Mental Health (NAMI):

<https://nami.org/Home>

National Institute of Mental Health (NIHM):

<https://www.nimh.nih.gov/index.shtml>

Neil Pasricha. The Book of Awesome

Nikos Drosos, Menelaos Theodoroulakis, Alexander-Stamatios Antoniou, Iva Cernja Rajter. Career Services in the post covid-19 era: a paradigm for career counseling unemployed individuals. March 02, 2021.

Sesame Street App <https://apps.apple.com/us/app/sesame-street/id912435108>

Soderstrom. How Covid-19 is affecting our fears, phobias and anxieties, March 21, 2021

Substance Abuse and Mental Health Services Administration (SAMHSA):

<https://www.samhsa.gov>

Suyin Haynes. Time. World Economic Forum's 2021 Global gender Gap. March 30, 2021.

