

Spartanburg Area Mental Health has a toll free service call:

- Call **1-800-985-5990** or text **TalkWithUs to 66746** to connect with a trained crisis counselor.

The National Alliance for Mental Health has also created several articles on coping with coronavirus anxiety, mindfulness exercises, and how to talk with someone who has anxiety. Please see the following links listed below for more information:

Managing COVID-19 Anxiety:

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

Guided Meditations and Exercises:

<https://centerformsc.org/practice-msc/guided-meditations-and-exercises/>

What to Say (and Not to Say) to Someone with Anxiety:

<https://centerformsc.org/practice-msc/guided-meditations-and-exercises/>

Child Mind Institute - Coronavirus Resource Center

<https://childmind.org/>

Talking to a Child about Covid-19

[https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-\(coronavirus\)-a-parent-resource](https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource)

10 Ways to Ease Coronavirus Anxiety

<https://www.nytimes.com/2020/03/18/smarter-living/coronavirus-anxiety-tips.html>

Is There a Right Way to Worry About Coronavirus?

<https://www.theguardian.com/us-news/2020/mar/19/coronavirus-anxiety-mental-health-wellbeing>

Coronavirus and Children: How to Combat Anxiety

<https://www.dutchnews.nl/news/2020/03/coronavirus-and-children-how-to-combat-anxiety/>

How to Feel Less Alone, Anxious, and Overwhelmed While You're Stuck in Your House

<https://www.phillymag.com/be-well-philly/2020/03/19/coronavirus-anxiety-social-distancing-mental-health-tips/>

Experts give tips on dealing with stress and anxiety from the coronavirus pandemic

<https://www.abcactionnews.com/news/region-pinellas/experts-give-tips-on-dealing-with-stress-and-anxiety-from-the-coronavirus-pandemic>

Coronavirus (COVID-19): managing stress and anxiety

<https://services.unimelb.edu.au/counsel/resources/wellbeing/coronavirus-covid-19-managing-stress-and-anxiety>