

Websites About Mental Health

Resource	Description	Access
Autism Society of America Toolkit	Online toolkit for COVID-19 developed by Autism Society	Mental Health and Respite: https://www.autism-society.org/COVID-mental-health-respite/
Autism Society of Minnesota Guide to Managing the Quarantine and Self-Distancing	Online guide that can be downloaded and printed with information on managing mental health	https://ausm.org/images/docs/PandemicGuideforASDAdults2020.pdf
Finding Local Mental Health Resources During the COVID-19 Crisis	Locating local mental resources from American Psychological Association (APA)	https://www.apa.org/topics/COVID-19/local-mental-health
Grief and COVID-19 Crisis: Mourning Our Bygone Lives	How to cope with life changes resulting from COVID-19 from American Psychological Association (APA)	https://www.apa.org/news/apa/2020/04/grief-COVID-19
Keeping Your Distance to Stay Safe	Social distancing from American Psychological Association (APA)	https://www.apa.org/practice/programs/dmhi/research-information/social-distancing
Seven Crucial Research Findings that can Help People Deal with COVID-19	Tips and strategies for anxiety from American Psychological Association (APA)	https://www.apa.org/news/apa/2020/03/COVID-19-research-findings
TEACCH Tips	Tips and strategies for relaxation and being flexible with routines from TEACCH	Relaxation Strategies: https://teacch.com/resources/teacch-tips/teacch-tip2-relaxation-strategies-routines/ Flexible Routines: https://teacch.com/resources/teacch-tips/7flexibleroutine/