



## Psychological Health in Distressing Times Osmosis Recommended Resources

You all know we are experiencing an unprecedented pandemic—at least during our lifetimes. As such, we must all take appropriate measures to ensure the safety of everyone involved in health professional education. That includes students, faculty, staff, patients, standardized patient actors, and the general public. At the same time, we must work to prevent the spread of misinformation, panic, or paranoid fears. We’re confident that the leadership in each of your programs is striking the right balance for everyone’s safety and need to proceed within your local contexts. But since one of Osmosis’s core values is to “Have Each Other’s Backs,” below is a list of resources we recommend to maximize everyone’s psychological health during these distressing times.

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Name	Source & Link
“Coping with Stress”	US Centers for Disease Control & Prevention (CDC): <a href="https://www.cdc.gov/violenceprevention/suicide/copingwith-stresstips.html">https://www.cdc.gov/violenceprevention/suicide/copingwith-stresstips.html</a>
“Mental Health and Coping During COVID-19”	US Centers for Disease Control & Prevention (CDC): <a href="https://www.cdc.gov/coronavirus/2019-ncov/about/coping.html">https://www.cdc.gov/coronavirus/2019-ncov/about/coping.html</a>
“Taking Care of your Emotional Health”	US Centers for Disease Control & Prevention (CDC): <a href="https://emergency.cdc.gov/coping/selfcare.asp">https://emergency.cdc.gov/coping/selfcare.asp</a>
“Helping Children Cope with Emergencies”	US Centers for Disease Control & Prevention (CDC): <a href="https://www.cdc.gov/childrenindisasters/helping-children-cope.html">https://www.cdc.gov/childrenindisasters/helping-children-cope.html</a>
RedBook Online COVID-19 Outbreak page	American Academy of Pediatrics (AAP): <a href="https://redbook.solutions.aap.org/ss/rbo_outbreaks_page_3.aspx">https://redbook.solutions.aap.org/ss/rbo_outbreaks_page_3.aspx</a>
Q&A on coronaviruses	World Health Organization (WHO): <a href="https://www.who.int/news-room/q-a-detail/q-a-coronaviruses">https://www.who.int/news-room/q-a-detail/q-a-coronaviruses</a>
Coronavirus & Mental Health: Taking Care of Ourselves During Infectious Disease Outbreaks	American Psychiatric Association (APA): <a href="https://www.psychiatry.org/news-room/apa-blogs/apa-blog/2020/02/coronavirus-and-mental-health-taking-care-of-ourselves-during-infectious-disease-outbreaks">https://www.psychiatry.org/news-room/apa-blogs/apa-blog/2020/02/coronavirus-and-mental-health-taking-care-of-ourselves-during-infectious-disease-outbreaks</a>



<b>Coronavirus &amp; Emerging Infectious Disease Outbreaks Response</b>	Center for the Study of Traumatic Stress (CSTS): <a href="https://www.cstsonline.org/resources/resource-master-list/coronavirus-and-emerging-infectious-disease-outbreaks-response">https://www.cstsonline.org/resources/resource-master-list/coronavirus-and-emerging-infectious-disease-outbreaks-response</a>
<b>Taking Care of your Family during Coronavirus Fact Sheet</b>	Center for the Study of Traumatic Stress (CSTS): <a href="https://www.cstsonline.org/assets/media/documents/CSTS_FS_Corona_Taking_Care_of_Your_Family.pdf.pdf">https://www.cstsonline.org/assets/media/documents/CSTS_FS_Corona_Taking_Care_of_Your_Family.pdf.pdf</a>
<b>Research Information: Pandemics</b>	American Psychological Association: <a href="https://www.apa.org/practice/programs/dmhi/research-information/pandemics">https://www.apa.org/practice/programs/dmhi/research-information/pandemics</a>
<b>Five ways to view coverage of the Coronavirus</b>	American Psychological Association: <a href="https://www.apa.org/helpcenter/pandemics">https://www.apa.org/helpcenter/pandemics</a>
<b>Speaking of Psychology: Coronavirus Anxiety</b>	American Psychological Association: <a href="https://www.apa.org/research/action/speaking-of-psychology/coronavirus-anxiety">https://www.apa.org/research/action/speaking-of-psychology/coronavirus-anxiety</a>
<b>Parent/Caregiver Guide to Helping Families Cope with COVID-19</b>	The National Child Traumatic Stress Network: <a href="https://www.nctsn.org/sites/default/files/resources/fact-sheet/outbreak_factsheet_1.pdf">https://www.nctsn.org/sites/default/files/resources/fact-sheet/outbreak_factsheet_1.pdf</a>
<b>Just for Kids: A Comic Exploring the New Coronavirus</b>	National Public Radio: <a href="https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus">https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus</a>
<b>Talking to Teens &amp; Tweens about Coronavirus</b>	The New York Times: <a href="https://www.nytimes.com/2020/03/02/well/family/coronavirus-teenagers-anxiety.html">https://www.nytimes.com/2020/03/02/well/family/coronavirus-teenagers-anxiety.html</a>