



BHIPP Resilience Breaks: Helping Children Cope with Anxiety & COVID-19

Links to Resources

Children's Mental Health Matters! Campaign

- <https://www.childrensmentalhealthmatters.org/>

CMHM Resiliency Calendar

- English: <https://www.childrensmentalhealthmatters.org/files/2020/04/2020-Resiliency-Calendar-FINAL.pdf>
- Spanish: <https://www.childrensmentalhealthmatters.org/files/2020/05/2020-Calendar-w-graphics-Spanish.pdf>

AACAP Practice Parameters: Disaster Preparedness

- [https://www.jaacap.org/article/S0890-8567\(13\)00550-9/fulltext](https://www.jaacap.org/article/S0890-8567(13)00550-9/fulltext)

8 Ways a Child's Anxiety Shows Up As Something Else

- <https://mdbhipp.org/assets/8-ways-a-child-s-anxiety-shows-up-as-something-else.pdf>

The Carlat Psychiatry Podcast

- <https://www.thecarlatreport.com/blog/coronavirus-and-mental-health/>

Child Mind Institute – Anxiety and Coping With the Coronavirus

- <https://childmind.org/article/anxiety-and-coping-with-coronavirus/>

Child-Centered or One-on-One Time – WHO COVID-19 Parenting Tipsheet

- English: https://www.who.int/images/default-source/health-topics/coronavirus/healthy-parenting/english-tipsheet1-updated.jpg?sfvrsn=151412f9_4
- Spanish: https://868b1700-4f92-4143-a9e1-4d615770397f.filesusr.com/ugd/d13cc0_6f4a5360a17c4dd3ac3890e5e6a8f8e4.pdf

Take 5 Breathing Break – Handout

- <https://mdbhipp.org/assets/self-care-tips-for-families---breathing.pdf>

Sesame Street Belly Breathing Video

- <https://sesamestreetincommunities.org/activities/teaching-belly-breathing/>

Sesame Street Health Emergencies Resource Collection

- <https://sesamestreetincommunities.org/topics/health-emergencies/>

AACAP Facts for Families: When to Seek Help for Your Child

- https://www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/FFF-Guide/When-To-Seek-Help-For-Your-Child-024.aspx

Screening Scales for Anxiety Disorders:

- **GAD-7 English:** <https://www.integration.samhsa.gov/clinical-practice/gad708.19.08cartwright.pdf>
- **GAD-7 Spanish:** https://www.ons.org/sites/default/files/2017-06/GeneralAnxiety_Spanish_0.pdf
- **SCARED Parent & Child Items in both English and Spanish:** <https://elcentro.sonhs.miami.edu/research/measures-library/scared/>

AACAP Disaster & Trauma Resource Center

- https://www.aacap.org/AACAP/Families_and_Youth/Resource_Centers/Disaster_Resource_Center/Home.aspx

BHIPP Resources

- Consultation Line for Pediatric PCPs: 1-855-MD-BHIPP (632-4477)
- Monthly e-newsletter
 - Archive: <https://mdbhipp.org/newsletter.html>
 - Sign up here: <https://mdbhipp.org/contact.html>
- COVID-19 Resource Page: <https://mdbhipp.org/covid-19-resources.html>
- Follow us on Twitter: [@MDBHIPP](https://twitter.com/MDBHIPP)
- Like our Facebook page: facebook.com/MDBHIPP/

Crisis Hotline Numbers:

- Maryland's Helpline is available 24/7 to provide support, guidance, and assistance. Please call 211 and select option 1, text your zip code 898-211, or visit 211MD.org
- The Baltimore City 24-hour, 7-days per week Crisis, Information & Referral Line is 410-433-5175. Callers can receive support and be linked with mental health and substance use disorder treatment and other recovery services.
- Maryland Family Tree 24/7 Parenting HelpLine: 1-800-243-7337