

## INTERNATIONAL SURVEYS

### GENERAL

<https://psycorona.org>

[https://nyu.qualtrics.com/jfe/form/SV\\_6svo6J4NF7wE6tD](https://nyu.qualtrics.com/jfe/form/SV_6svo6J4NF7wE6tD)

Covid-19 and Coparenting - <https://www.surveymonkey.com/r/CoparentingFamilyDynamics>

## QUALITY LOCAL INFORMATION IN MANY LANGUAGES

### Websites

MigesPlus Red Cross CH <https://bit.ly/2JbZcoT>

RED Cross CH <https://virus.redcross.ch/en>, <https://www.redcross.ch/de/coronavirus>

## STIGMA REDUCTION

### Websites

APA: [Coronavirus threat escalates fears and bigotry](#)

CDC: Stigma prevention and facts about COVID-19 <https://bit.ly/2R43W46>

Teaching Tolerance: How to Respond to Coronavirus Racism

<https://www.tolerance.org/magazine/how-to-respond-to-coronavirus-racism>

## PSYCHOLOGICAL FIRST AID

### Apps



PFA MOBILE

### Website

Mental Health First Aid International <http://www.mhfainternational.org/why-mhfa.html>

Remote Psychological First Aid Guide <https://reliefweb.int/report/world/remote-psychological-first-aid-during-covid-19-outbreak-interim-guidance-march-2020>

NHS Trauma Clinic – resource guide for medical staff coping

<https://www.youtube.com/watch?v=WFWvkjJ755Y&feature=youtu.be>

## STRESS MANAGEMENT AND RELAXATION

### Apps



BREATHWRK



MINDMEISTER



BREATHE2RELAX

BELLYBIO



TACTICAL BREATHER



BREATHE

BREATHE DEEP

BREATHE KIDS



## DAY ONE

### COLORFY



SWORKIT – One example of many free exercise apps

<https://docs.google.com/document/d/10zGZo1re8NDh-b3ewUtsV2vqMAOujKmMwf61QVKE5SU/edit?fbclid=IwAR1JyIsNnnzknZ8WPVQr0TaT00hduRmEbalvsC9TYsPuG6vigatDqZaZYaY>



POSITIVE ACTIVITY JACKPOT



MOMENT – Helps to pause before tech use (news too)

HEARTRATEFREE – Measure heart rate before and after

### Websites

- Coping with Stress During Infectious Disease Outbreaks <https://store.samhsa.gov/system/files/sma14-4885.pdf>
- FACE COVID EBook <https://bit.ly/2UrqIcH>
- Self-care Assessment tool <https://www.therapistaid.com/worksheets/self-care-assessment.pdf>
- Care for Caregivers <https://bit.ly/391J3wl>, <https://www.caregiver.org/taking-care-you-self-care-family-caregivers>
- Support for Teachers from Teaching Tolerance <https://bit.ly/2QJULpn>
- Free workouts for every ability to do at home (plus has info on nutrition and diets and other health aspects) <https://www.darebee.com>
- Daily Good (News that Inspires), Collaboration with Greater Good – Guide to Wellbeing <http://www.dailygood.org/more.php?n=8376>
- Financial Compensation for Income Disruption <https://bit.ly/2y8QXrv>
- **Domestic Violence Resources** <https://www.futureswithoutviolence.org/get-updates-information-covid-19/> Local Survivor Aid Office: 041 227 40 60. [www.opferberatung.lu.ch](http://www.opferberatung.lu.ch)  
[Article: Staying Home Isn't Always Safe https://carol-lambert.com/controlling-partners/](https://carol-lambert.com/controlling-partners/)
- The Chronicle of Higher Ed: [Why You Should Ignore All That Coronavirus-Inspired Productivity Pressure](https://www.chronicle.com/article/Why-You-Should-Ignore-All-That-Coronavirus-Inspired-Productivity-Pressure)

### SLEEP

#### Apps



SLEEP IO



CBT-i COACH

SLEEP CYCLE ALARM CLOCK



DREAM EZ

DEEP SLEEP



iSLEEPEASY

SLUMBER FOR SLEEP

SOUND SLEEP – Background noise for sleep

## Websites

- Video on Pressure points to fall asleep faster <https://www.youtube.com/watch?v=s-1NnuHJzq0>
- <http://sleepeducation.org>

## **DIGITAL THERAPEUTIC SUPPORT**

### Apps



TALKSPACE



WECHAT



7CUPSOFTEA – Free support from peers, volunteers and professionals



THERACHAT



DRONDEMAND



FIVE UP – Connect your Help – Volunteer or Seek Help <https://bit.ly/3dw9G0j>

## Websites

Mental Health Platform for Switzerland <https://dureschnufe.ch/>

LUZERN - <https://support.inluzern.ch/>

ZURICH - <https://support.inzuri.ch/>

ZUG – <https://www.zg.ch/corona>

Business Women helping Business Women <https://www.corona-solidaritaet.ch/>

## **GROUP SUPPORT –**

- Turn2Me (Free but requires booking) <https://www.turn2me.ie/group-supports>
- Multiple Support Groups <https://www.supportgroups.com/>
- Peer-to-Peer Support Groups TheTribe <https://support.therapytribe.com/anxiety-support-group/>
- Big White Wall – Moderated Support Forum <https://www.bigwhitewall.com/>
- Depression and Bipolar Specific Support Groups <https://www.dbsalliance.org/support/chapters-and-support-groups/online-support-groups/>

People Doing Good Things – a reminder of our humanity <https://www.karunavirus.org/>  
<https://www.psychologie.ch/psychologensuche> \*Search for Online Therapy or Online Advice under Extended Entries

Amwell: <https://business.amwell.com/>

Better help: <https://www.betterhelp.com/>

Expat Nest: <https://www.expatsnest.com/>

RNG International: <https://rnginternational.com/>

Truman Group: <https://truman-group.com/>

William & Associate Counselling Services: [www.wacs.ca](http://www.wacs.ca) (Includes Group Therapy)

## MOOD AND HEALTHY THOUGHTS

### Apps

WHATSMYM3 – 3 minute mood screener

WHAT'S UP?



MOODKIT



CATCH-IT



MOODNOTES



MOOD PATH



CBT THOUGHT RECORD DIARY



HELLO MIND



VIRTUAL HOPE BOX

OPTIMISM



MOOD CHECK



SANVELLO



WOEBOT – Chat bot skilled in mental health



YOUUPER – Chat bot skilled in mental health



T2 MOOD TRACKER



ACT COACH



LIFE SUM



DBT DIARY CARD AND SKILLS COACH



ACT Companion: [The Happiness Trap App](#)

### Teen and Young Adult Apps



Atlas Co.



SuperBetter On Campus

### Anxiety Apps



MIND SHIFT



WORRY TIME



SELF-HELP FOR ANXIETY MANAGEMENT (SAM)

### Bipolar Disorder Apps



IMOODJOURNAL



eMOODS

### Depression Apps



HAPPIFY



MOODTOOLS

### Eating Disorder Apps



RECOVERY RECORD



RISE UP AND RECOVER

### Obsessive-Compulsive Disorder Apps



nOCD



WORRY WATCH



GG OCD

### Schizophrenia Apps



UCSF Prime  
FOCUS

### PTSD Apps



PTSD COACH



PE COACH 2



CPT COACH



LIFEARMOR

## SUICIDE PREVENTION

### Apps



NOTOK



OPERATION REACH OUT

### Websites

- BURN-OUT SCREENING AND RESOURCES
  - <https://www.burnout-info.ch/>, <https://www.noburnout.ch/>
  - <https://ExtinguishBurnout.com>. The short version is enter the code COVID-19 during checkout and the course is free
- MENTAL HEALTH SELF-HELP GUIDES  
<https://www.cci.health.wa.gov.au/Resources/Overview>
- FREE GUIDE TO LIVING WITH UNCERTAINTY  
<https://www.psychologytools.com/articles/free-guide-to-living-with-worry-and-anxiety-amidst-global-uncertainty/>
- Age-Related Reactions to a Traumatic Event  
<https://www.nctsn.org/resources/age-related-reactions-traumatic-event>
- WEB RESOURCES <https://www.therapistaid.com/>
- SEARCHABLE TOPIC BROCHURES <https://web.nrw.nhs.uk/selfhelp/>
- <https://itherapy.com/core-thoughts-worksheet/>
- ANXIETY CANADA <https://www.anxietycanada.com/>
- BEYOND BLUE <https://www.beyondblue.org.au/>
- Dialectical Behavioral Therapy (DBT) Course Online – For managing intense emotional responses <https://emotionallysensitive.com/>, <https://www.onlinedbtcourses.com/>, <https://dbtclasses.com/>, <https://www.dbtselfhelp.com/index.html>
- Radically Open Dialectical Behavioral Therapy (DBT)  
<https://www.radicallyopen.net/>
- Suicide Prevention Resource Center <http://www.sprc.org/covid19>

### Podcasts

DEAR ANXIETY

THE ONE YOU FEED

PSYCHCENTRAL (Also has an App)

SPEAKING OF PSYCHOLOGY

PSYCHCRUNCH

POLYVAGAL PODCAST

BEING WELL

SCIENCE OF HAPPINESS

HIDDEN BRAIN

YOUR MIND MATTERS

STEP AWAY FROM ANXIETY

HOW TO FIND YOUR SILVER LININGS

DO YOU KNOW HOW TO EAT A RAISIN?

HOW TO CONNECT WITH YOUR BODY

## MINDFULNESS / MEDITATION

### Apps



HEADSPACE



CALM



TEN PERCENT HAPPIER (Also a Podcast)



INSIGHT TIMER



SMILING MIND



OMVANA



UNPLUG



MINDFULNESS COACH



UCLA MINDFUL APP



PLUM VILLAGE

### Websites

- 24/7 Free Meditation Groups <https://bit.ly/2yFJdND>
- MINDFUL Free Course <https://learning.mindful.org/p/daily-mindfulness-free/>
- UCLA Mindful Awareness Research Center – Virtual Drop-in Meditation [www.uclahealth.org/marc/meditation-at-the-hammer](http://www.uclahealth.org/marc/meditation-at-the-hammer)
- Free Guided Meditations (English and Spanish) <https://www.uclahealth.org/marc/mindful-meditations>
- UC San Diego Center for Mindfulness Based Stress Reduction Guided audio and video meditations for free: <https://medschool.ucsd.edu/som/fmph/research/mindfulness/programs/mindfulness-programs/MBSR-programs/Pages/audio.aspx>
- <https://www.umassmed.edu/cfm/>
- <http://www.contemplativemind.org/practices/recordings>
- <http://www.dharma.org/resources/audio#guided>
- Mindfulness Practices for ADHD <https://mindfullyadd.com/>
- Free Mindfulness Classes for Kids <https://bit.ly/2UdCQZa>
- Greater Good Science Center <https://ggsc.berkeley.edu/>

## GRIEF

### Websites

- HBR: [That Discomfort You're Feeling is Grief](#)
- Market Watch: [Grieving in the Midst of the Coronavirus](#)
- NCTSN: [Traumatic Grief and Children](#)

- Child Mind Institute: [Trauma and Grief](#)
- NCTSN: [Childhood Traumatic Grief Educational Materials](#)
- SAMHSA: [Tips for Survivors Coping with Grief After a Disaster](#)
- The Sun: [The Geography Of Sorrow](#)
- Elsbeth Martindale, Psy.D.: [Writing a Personal Eulogy](#)
- Read-Along Book for Grief in Children – The Invisible String  
<https://www.youtube.com/watch?v=WlUxXexjhYI>

## RELATIONSHIPS & COMMUNICATION

### Apps



Gottman Card Decks – Relationship building



NVConnect – Non-violent Communication App



NVC Dialogue - Non-violent Communication App

### Websites

- Non-Violent Communication <https://nonviolentcommunication.com>
- Fair Fighting Rules to survive your quarantine with significant other or family member or whomever they may be with for long periods of time. <https://www.therapistaid.com/worksheets/fair-fighting-rules.pdf>
- Gottman Institute <https://gottman.com> – Online Couples Workshop The Art and Science of Love

### Podcast

THE SMALL THINGS OFTEN (Gottman)

THE RELATIONSHIP SCHOOL

WHERE SHOULD WE BEGIN? – Esther Perel

## PARENTING & FAMILIES

### Apps



PARENTING2GO



FAMILY5

Child Meditation Apps - <https://www.common sense media.org/lists/meditation-apps-for-kids>

### Websites

- **New mother support in Luzern** <https://nurturehub.ch/support>
- WideOpenSchool <https://wideopenschool.org/>
- ASK Online Parent Support Series <https://allspecialkids.org/>  
<https://form.jotform.com/200824522287352>
- American Speech and Hearing Association is also doing teacher and parent support articles and podcasts <https://www.asha.org/>
- Helping Children Cope after a Traumatic Event  
<https://childmind.org/guide/helping-children-cope-traumatic-event/>



- How to talk to children about difficult news  
<https://www.apa.org/helpcenter/talking-to-children>
- Parent and Caregiver Guide – National Child Traumatic Stress Network  
<https://bit.ly/2wwFK3p>
- How to Talk to Your Kids about COVID-19  
<https://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus>
- Health Information for Parents <https://bit.ly/3bl0UQW>
- How to Effectively Parent During Crisis <https://bit.ly/2x9SnkR>
- Parent Support Videos <https://www.enildaclinic.com/learning>
- Activities List from Recreational Therapist  
[https://www.wspapsych.org/docs/Activity\\_Booklet-2020-Final.pdf](https://www.wspapsych.org/docs/Activity_Booklet-2020-Final.pdf)
- Social and Emotional Book List  
[https://docs.google.com/spreadsheets/d/182D0WnoBRGiPaGCHPqO\\_KOIJLXMIOmubR4e7VtUWBsM/edit#gid=0](https://docs.google.com/spreadsheets/d/182D0WnoBRGiPaGCHPqO_KOIJLXMIOmubR4e7VtUWBsM/edit#gid=0)
- Family Matters Switzerland <https://www.familymattersswitzerland.ch/>
- MyDaddyTalks Free Live Stream <https://udemy.com/course/unleash-your-talent-to-parent/?couponCode=CORONA2>
- Tools for Supporting People with Autism <https://unc.live/2WEM17L>

#### COMMUNICATION ABOUT COVID-19 TO KIDS

- WHO Children’s Video Explaining about the Covid-19 Corona Virus  
<https://youtu.be/MVvVTDhGqaA>
- Parents and COVID-19 Helping your Child <https://infoaboutkids.org/blog/parents-and-covid-19-helping-your-children/>
- FREE EBook/workbook for Kids on Covid-19 (Available in many languages)  
<https://www.mindheart.co/descargables>
- Childrens Book in many languages <https://interagencystandingcommittee.org/iasc-reference-group-mental-health-and-psychosocial-support-emergency-settings/my-hero-you>
- <https://www.google.com/search?q=coronavirus+tips&fbx=dothefive>
- <https://www.goodnewsnetwork.org>
- <https://www.independent.co.uk/life-style/health-and-families/coronavirus-wash-hands-video-pepper-soap-water-virus-children-tom-fletcher-a9403946.html>

#### Podcasts

PEDIACAST

PEACE OUT – Relaxation for kids

GO ZEN Child Anxiety Relief

BE CALM on AHWAY ISLAND

TILT PARENTING – parenting support for differently wired kids

ZEN PARENTING RADIO – Non-judgmental space for parenting support

MOM AND MIND - Perinatal and Postpartum support

IN IT – Understood.org podcast for parents of kids who learn and think differently

#### **RECOVERY**

Apps

ReSET-O



QUITSTART



STAY QUIT COACH



TWENTY-FOUR HOURS A DAY

OVERCOMING ADDICTIONS (OA)  
QUIT THAT



STOPTOBER

### Websites

Group Support <https://www.intherooms.com/home/> (Also self-harm groups)  
<https://www.smartrecovery.org/>

### Podcasts

SMART RECOVERY PODCAST

## **LGBTQIA+**

Text Support – The Validation Station for Trans People <https://www.validationstation.net/>  
offers daily validation messages

### Websites

- LGBT+ Helpline\_Telefonnummer **0800 133 133** von Montag – Donnerstag zwischen 19:00 und 21:00 Uhr WHATSAPP Group <https://bit.ly/2wWJI5y>
- Pink Cross <https://www.pinkcross.ch/>
- Nonbinary <https://www.nonbinary.ch/> Online Groups <https://bit.ly/345zf3L>
- Transgender network Switzerland - <https://www.tgns.ch/de/>
- For more information on the internet:  
<https://www.fachgruppetrans.ch/>
- International information in English:  
<https://www.wpath.org/>, <https://transequality.org/covid19>  
and especially for children and adolescents:  
<https://www.trans-kinder-netz.de/wer-sind-wir.html>
- [www.TransCareCovid-19.com](http://www.TransCareCovid-19.com) International Survey on impact of Covid-19 in trans people

## **REFUGEES AND MIGRANTS**

### Websites

- <http://www.refugeehealthta.org>
- <https://www.ecre.org>
- <http://www.migrantwomennetwork.org>