

Managing COVID-19 anxiety

RESOURCES

For parents

[CORONAVIRUS: a guide for parents](#)

[Tips for coping with coronavirus anxiety](#)

[Helping parents to cope with kids in home isolation](#)

[Tips for Self-care and Families](#)

[How to Keep Kids Learning When They're Stuck at Home](#)

[More resources?](#)

For adolescents and young adults

[10 ways to take care of yourself during coronavirus](#)

[How to cope with stress related to COVID-19](#)

Online Therapy websites

[Brave: for anxiety for children of all ages](#)

[This Way Up: for adults experiencing anxiety or depression](#)

[Head to Health: finding the right digital mental health resources](#)



The Sydney
children's
Hospitals Network
care, advocacy, research, education