

The MLIS team at the University of Maryland has compiled a list of resources free to use during the COVID19 pandemic!

This list was last updated on April 8, 2020, so links may change or break.

Click any of the links below to go to that particular heading.

[Museums, History, and Art](#)

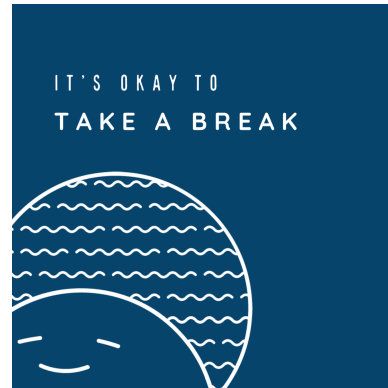
[Children's](#)

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Museums, History, and Art

- [Byzantine and Christian Virtual Museum](#): Virtual Tour
- [Dalí Theatre-Museum](#), Catalonia: Virtual Tour
- [The Hermitage](#), Russia: Virtual Tour (YouTube)
- [The Louvre](#), Paris: Virtual Tour
- [George Washington's Mount Vernon](#): Virtual Tours, timelines, etc.
- [National Museum of the Great Lakes](#): Virtual Tour
- [NASA Langley Research Center](#): Virtual Tour
- [American Battlefield Trust](#): 360-degree Battlefield Tours
- [Valley Forge National Park](#), US: Virtual Tour
- [Yellowstone National Park](#), US: Virtual Tours
- [Yosemite National Park](#), US: Virtual Tour

Children's

- [Resources for Supporting Children's Emotional Well-Being during the Covid-19 Pandemic](#)
- [Adler Planetarium](#): Science Experiments for Kids (YouTube playlist)
- [Children's Discovery Museum of San Jose](#): Projects and Activities
- [International Association of Children in Museums](#): Coronavirus Guide
- [Laguna Art Museum](#): Art Activities for all ages
- [Long Island Children's Museum](#): Play Outside Ideas
- [MCA Chicago](#): "Art Like Me" Culturally-Relevant Art Workbook for Kids
- [National Museum of Australia](#): "Fun at Home" DIY activities



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- [Roald Dahl Museum](#): Make Stories Like Roald Dahl
- [Canadian Museum of Nature](#): Coloring Pages, Arctic, Garden, Dinosaurs

Science

- [Koshland Science Museum](#): Interactive Virtual Exhibits
- [Monterey Bay Aquarium](#): Animal Live Cams
- [Air and Space Museum \(Smithsonian\)](#): Air and Space Anywhere
- [Perot Museum of Nature and Science](#): Videos and activities
- [Smithsonian Learning Lab](#)
- [Association of Science and Technology Centers](#): Educational resources
- [BioExplora](#): Natural science open collections portal (3D images, biodiversity)

Mental Health

- <https://www.headspace.com/covid-19>: There are a lot of unknowns in the world right now. But one thing is certain — Headspace is here for you. To help support you through this time of crisis, we're offering some meditations you can listen to anytime. These are part of a larger collection in the Headspace app — free for everyone — called Weathering the storm. It includes meditations, sleep, and movement exercises to help you out, however you're feeling. It's our small way of helping you find some space and kindness for yourself and those around you.
- <https://blog.calm.com/take-a-deep-breath>: Without a doubt, many of us are feeling anxious as we navigate the uncertainty of the coronavirus (COVID-19). We're feeling it too, and we wanted to share some of the tools we're using to take care of our minds and stay grounded. All of the resources on this page are free of charge — please share with anyone who might benefit.
- [COVID-19: Potential Implications for Individuals with Substance Use Disorders](#)
This webpage from the National Institute on Drug Abuse provides guidance on special considerations for the health and basic needs of individuals with Substance Use Disorders during Coronavirus.
- [Dermatillomania During COVID-19](#) Risk of COVID-19 may be anxiety inducing and you may be experiencing a harder time managing your Dermatillomania as a result. The CDC's encouragement to "not touch your face" can be particularly hard and even triggering if you struggle with Skin Picking Disorder. Here are some ways to cope from the Picking Me Foundation.
- [Free and Low Cost Support for Individuals Living With Eating Disorders](#) The National Eating Disorders Association (NEDA) compiled free and low cost support options offer ways to connect with others and provide tools to promote recovery.
- [Mental health and wellness during a public health crisis](#) Dr. LaGenia Bailey, former DBSA board member, discusses tips on how to stay well during this public



health crisis. In this podcast, she addresses benefits of mindfulness practice, lifestyle habits, and ways to stay connected with others to avoid isolation.

- [When Home Becomes The Workplace: Mental Health And Remote Work](#) A Forbes article by Garen Staglin, Co-founder and Chairman of One Mind at Work, on how to avoid the common negative mental health effects of working from home.
- [Mental Health Screening Tools](#) One of the quickest and easiest ways to tell if you are experiencing a mental health condition is to take an online screen. MHA has nine different screening tools for mental health conditions on our site, including anxiety.
- [5-4-3-2-1 technique for coping with anxiety and staying grounded](#)
- [Depression and Bipolar Support Alliance \(DBSA\)'s Online Support Groups](#)
- [Online/Phone Meeting Resources for Substance Use Disorder](#) The Washington Area Intergroup Association has a list of online/phone meetings for individuals who are struggling with substance use and are unable to attend support group meetings at this time.
- [Online Support Community for Parents & Caregivers of Individuals with Substance Use Disorders](#) Gatherings are an hour long and take place weekly using Zoom (a free video conferencing service available for download on your computer or smartphone; allow extra time to install before joining your first meeting). You are welcome to join any meeting, although specified gatherings are intended to offer insight more tailored to the age of your child.
- [Information on COVID-19 for Survivors, Communities, and DV/SA Programs](#) People who are surviving violence in their relationships and families may be experiencing increased isolation and danger caused by social distancing measures during the Coronavirus pandemic. Futures Without Violence curated resources for survivors and communities.
- [National Domestic Violence Hotline](#) For any victims and survivors who need support, call 1-800-799-7233 or 1-800-799-7233 for TTY, or if you're unable to speak safely, you can log onto thehotline.org or text LOVEIS to 22522.
- [9 Strategies for Quarantining in a Non-LGBTQ+ Affirming Environment](#) With help from queer therapists and experts from The Trevor Project, here's how to endure isolation with those who might not accept your identity.

Exercise

- [600 free workout videos from Fitness Blender](#)
- [Yoga with Adriene - Youtube](#)
- [Blogilates - Youtube](#)
- [The Fitness Marshall - Youtube](#)
- [Tone It Up - Youtube](#)



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Immediate Response

- [Disaster Distress Helpline](#) Call 1-800-985-5990 or text TalkWithUs to 66746. The Disaster Distress Helpline (DDH) provides crisis counseling and support for anyone in the U.S. experiencing distress or other behavioral health concerns related to any natural or human-caused disaster, including public health emergencies.
- [Crisis Text Line](#) Text MHA to 741741 and you'll be connected to a trained Crisis Counselor. Crisis Text Line provides free, text-based support 24/7.
- [The Trevor Project](#) Call 1-866-488-7386 or text START to 678678. A national 24-hour, toll free confidential suicide hotline for LGBTQ youth.
- [Trans Lifeline](#) Dial 877-565-8860 for US and 877-330-6366 for Canada. Trans Lifeline's Hotline is a peer support service run by trans people, for trans and questioning callers.
- [National Domestic Violence Hotline](#) For any victims and survivors who need support, call 1-800-799-7233 or 1-800-799-7233 for TTY, or if you're unable to speak safely, you can log onto thehotline.org or text LOVEIS to 22522.
- [The National Sexual Assault Telephone Hotline](#) Call 800.656.HOPE (4673) to be connected with a trained staff member from a sexual assault service provider in your area.
- [Caregiver Help Desk](#) Contact Caregiver Action Network's Care Support Team by dialing 855-227-3640. Staffed by caregiving experts, the Help Desk helps you find the right information you need to help you navigate your complex caregiving challenges. Caregiving experts are available 8:00 AM – 7:00 PM ET.
- [The Partnership for Drug-free Kids Helpline](#)
- [Call 1-855-378-4373](#) if you are having difficulty accessing support for your family, or a loved one struggling with addiction faces care or treatment challenges resulting from COVID-19 circumstances, the Partnership for Drug-free Kids' specialists can guide you. Support is available in English and Spanish, from 9:00am-midnight ET weekdays and noon-5:00pm ET on weekends.

Sources:

More tours can be found at [The Ultimate Guide to Virtual Museum Resources, E-Learning, and Online Collections](#)

<https://www.marketplace.org/2020/03/20/heres-what-to-read-and-stream-for-free-during-the-covid-19-pandemic/>

<https://mhanational.org/covid19>



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