

## **Resource Guide for Young Adults**

The NAN Project has compiled this **Resource Guide for Young Adults** to offer a range of strategies and supports for managing the stress and anxiety experienced by many young people during this time of uncertainty. Much of the information available about the pandemic focuses on physical health and the disease, yet we know that the virus has a huge impact on one's mental health. It is important to recognize and respond to the strain that is placed on our emotional well-being. The following resources provide information about and guidance for self care and coping skills.



### **HELPFUL VIDEOS**

- ★ [Kati Morton \(LMFT\)](#)- Dealing with Coronavirus Anxiety: Kati Morton explains why most of us feel more stressed out as we respond to the coronavirus, and provides useful, evidence based recommendations for coping.
- ★ [UC San Diego Health](#)- Managing Anxiety During Coronavirus: This minute-long video offers 5 small ways to promote mental health while practicing social distancing.
- ★ [The Mighty](#)- #Takeabreak Self-Care Playlist: This Series from The Mighty features a new self-care technique, and a new furry friend, in each video. A must watch for animal lovers!
- ★ [How to Adult](#)- A Self-Care Action Plan: Hank Green outlines how to create a habit of self-care that works for you, including helpful tips to “make our lives more awesome.”



### **ARTICLES ON MANAGING STRESS AND ANXIETY**

- ★ [American Foundation for Suicide Prevention](#) (AFSP)- Taking Care Of Your Mental Health During the Coronavirus Outbreak
- ★ [The Mighty](#)- A Great Collection of Stories, Tips, and Strategies to Stay Hopeful
- ★ [Healthline](#)- 5 Quick Ways to Cope with Anxiety: This article suggests both short-term and long-term strategies for dealing with anxiety.

## ARTICLES ON MANAGING ISOLATION & LONELINESS

- ★ [Kids Helpline](#)- Coping with Loneliness: This article shows that loneliness is something that affects everyone and offers strategies to help.
- ★ [Crisis Text Line](#)- How to Deal with Loneliness: Learn the signs and what you can do about it.

## APPS TO MANAGE MENTAL HEALTH



- ★ [Breathe2Relax](#)- This app has information on the effects of stress on the body, as well as instructions and exercises on diaphragmatic breathing, a stress-management skill.
- ★ [Headspace](#)- "A gym membership for the mind," Headspace provides a series of guided meditation sessions and mindfulness training.
- ★ [Calm](#)- An app that promotes sleep, meditation, and relaxation. Calm offers a 7-Day free trial, and has also created a [free online resource](#) with a few free sessions in response to Covid 19.

## HELPLINES

If someone you know, is struggling or having thoughts about suicide, help is available.

- ★ [National Suicide Prevention Lifeline](#): 800-273-TALK (8255)
- ★ Samaritans 24 Hour Response: Call or text: 877-870-4673
- ★ The Crisis Text Line: Text HOME to: 741-741
- ★ In an emergency, always call **911!**

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We hope you find these resources useful during these strange, and sometimes scary times. If you come across any useful supports you think we should know about, please send them along to [info@thenanproject.org](mailto:info@thenanproject.org). For more info about The NAN Project and additional resources, follow us on Instagram @the\_nan\_project or Facebook @thenanproject.

*Stay safe and healthy,  
- The NAN Project*