

OFFICIAL GUIDANCE

Centers for Disease Control and Prevention

[Centers for Disease Control and Prevention COVID-19 Updates and Information](#)

New Hampshire Department for Human Health and Services

[New Hampshire Department for Human Health and Services COVID-19 Updates and Resources](#)

World Health Organization

[Coronavirus Disease \(COVID-19\) Advice for the Public](#)

COVID-19 Screening

[Self-Observation Guidelines](#)

RESOURCES

American Foundation for Suicide Prevention

[Taking Care of Your Mental Health in the Face of Uncertainty](#)

National Child Traumatic Stress Network

[Parent/Caregiver Guide to Helping Families Cope With the Coronavirus Disease 2019 \(COVID-19\)](#)

Resources for Children

[World Health Organization: Helping Children Cope with Stress During the 2019-nCoV Outbreak](#)

[Center for Study of Traumatic Stress: Helping Homebound Children During the COVID-19 Outbreak](#)

SAMHSA

[Taking Care of Your Behavioral Health: TIPS FOR SOCIAL DISTANCING, QUARANTINE, AND ISOLATION DURING AN INFECTIOUS DISEASE OUTBREAK](#)

TenPercent Happier

[Coronavirus Sanity Guide](#)
[Parenting in a Pandemic](#)

NH Employment Security Office

<https://www.nhes.nh.gov> ; 603-271-7700