

[Coronavirus Watch](#)

The Centers for Disease Control and Prevention are constantly updating health advice for individuals, businesses, faith communities and more and putting the latest information online.

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

Michigan Department of Health & Human Services:

[COVID-19 Information and Resources](#)

[Listen, Protect and Connect Psychological First Aid System - FEMA](#)

The Listen, Protect and Connect psychological first aid system designed for families, neighbors, co-workers and first responders. One version is an “all ages” family-to-family, neighbor-to-neighbor version and two are specifically for supporting children. One for parents and one just for teachers and schools to use.

This approach suggests ways we all can support each other’s resilience and coping before, during and after emergencies. The approach builds on strengths and practices that families and community already use and offer additional ideas and tools to call upon in times of disaster.

- [Download FEMA’s Listen, Connect, Protect materials](#)

For more information and resources from *Mental Health First Aid* during this difficult time, read these new resources on their blog:

- [How to Care for Yourself While Practicing Physical Distancing](#)
- [How to Help Someone with Anxiety or Depression During COVID-19](#)
- [How to Support a Loved One Going Through a Tough Time During COVID-19](#)