

Resources Regarding Marriage and Family Support during Stressful Times

How the financial downturn affects marriage: Crisis and Opportunity

USCCB For Your Marriage website

http://www.foryourmarriage.org/interior_template.asp?id=20399024

**Managing Tough Times Resource Adapted from Build Family Resiliency in Stressful Times
Iowa State University**

http://www.extension.iastate.edu/families/files/MTT_FamilyResilience.pdf

**Getting Through Tough Times: Communicating Under Pressure
University of Minnesota.**

<http://www.extension.umn.edu/family/print/00047.pdf>

**Getting Through Tough Times: Controlling Stress
University of Minnesota.**

<http://www.extension.umn.edu/family/print/00048.pdf>

**Getting Through Tough Times: Identifying Sources of Support and Friendship
University of Minnesota.**

<http://www.extension.umn.edu/family/print/00049.pdf>

**Managing Tough Times Resource Adapted from Build Family Resiliency in Stressful Times
Iowa State University**

http://www.extension.iastate.edu/families/files/MTT_FamilyResilience.pdf

Family Stress: addresses the issue of family stress, and provides suggestions as to a family's capacity to deal with stress. It includes changes in roles, the decision-making process, family cooperation skills, general communication strategies, and need prioritization.

<http://www.fcs.msue.msu.edu/ff/pdffiles/familystress4.pdf>

Self Care Tips when Experiencing Stress

Getting Through Tough Economic Times – SAHMSA

This guide provides practical advice on how to deal with the effects financial difficulties can have on your physical and mental health

<http://www.samhsa.gov/economy/>

Tips for Coping With Stress

<http://www.cdc.gov/ncipc/dvp/CopingWithStress.htm>

Managing Your Stress in Tough Economic Times: American Psychological Association

<http://www.apahelpcenter.org/articles/article.php?id=171>

Family Stress : Coping Strategies

This fact sheet focuses on general coping strategies. It addresses both crisis stage strategies, as well as moving forward to everyday coping approaches. It will include information on the importance of support, as well as self-care.

<http://www.fcs.msue.msu.edu/ff/pdffiles/familystress3.pdf>

Parenting Resources During Stressful Times

Scholastic created [What Can I Do? My Journal to Sharing and Caring in Tough Times](#), a free downloadable journal for parents and kids who have been affected by the economy. In addition to the journal, the What Can I Do? website offers a parents' guide to talking to kids about the economy in both English and Spanish. <http://www.scholastic.com/aboutscholastic/whatcanido/>

Parenting through Tough Times: Coping with Depression

<http://eclkc.ohs.acf.hhs.gov/hslc/ecdh/Mental%20Health/Resources%20and%20Support%20for%20Families/Parent%20Support%20and%20Resources/parentingthroughtoughtimes.pdf>

Self-Reflection in Parenting: Help for Getting through Stressful Times

<http://eclkc.ohs.acf.hhs.gov/hslc/ecdh/Mental%20Health/Resources%20and%20Support%20for%20Families/Parent%20Support%20and%20Resources/selfreflectioninparenting.pdf>

Guide for Parents and Educators: Tips for Talking to Children and Youth After Traumatic Events

http://www.samhsa.gov/MentalHealth/Tips_Talking_to_Children_After_Disaster.pdf

Helping Children and Adolescents Cope with Violence and Disasters: What Parents Can Do

A booklet that describes what parents can do to help children and adolescents cope with violence and disasters.

<http://www.nimh.nih.gov/health/publications/helping-children-and-adolescents-cope-with-violence-and-disasters-what-parents-can-do/helping-children-and-adolescents-cope-with-violence-and-disasters-what-parents-can-do.pdf>

Children and Parents: Talking with Kids about Violence

<http://healthresources.caremark.com/article/plainprimer/100234508>

Suicide Prevention Lifeline

1-800-273-TALK (8255)

Finding Mental Health & Substance Abuse Resources

(1-877-SAMHSA-7)