



FSAP Resources Library

FSAP has prepared a list of several resources that can help support your emotional health and overall wellbeing.

Pandemic and Traumatic Events Support

Coping with Stress

<https://www.cdc.gov/mentalhealth/stress-coping/cope-with-stress/index.html>

Coping with Traumatic Events (video)

https://tools.cdc.gov/podcasts/media/mp4/CopingTraumaticEvents_Pod.mp4

Helping Children Cope with Emergencies (PDF)

<https://www.cdc.gov/childrenindisasters/pdf/children-coping-factsheet-508.pdf>

Helping Children Cope: COVID-19

<https://www.cdc.gov/mentalhealth/stress-coping/help-children-cope/index.html>

Support for Employees -CCOVID-19

<https://www.cdc.gov/mentalhealth/stress-coping/employee-job-stress/index.html>

Couple Support

Marriage Preparation

https://aamft.org/Consumer_Updates/Marriage_Preparation.aspx

Marital Distress

https://aamft.org/Consumer_Updates/Marital_Distress.aspx

Domestic Violence

https://aamft.org/Consumer_Updates/Domestic_Violence.aspx

Infidelity

https://aamft.org/Consumer_Updates/Infidelity.aspx

Infertility

https://aamft.org/Consumer_Updates/Infertility.aspx

Therapeutic Concerns for Same Sex Couples

https://aamft.org/Consumer_Updates/Therapeutic_Issues_for_Same-sex_Couples.aspx

Substance Abuse and Intimate Partner Relationships

https://aamft.org/Consumer_Updates/Substance_Abuse_and_Intimate_Relationships.aspx

Family Support

Stepfamilies

https://aamft.org/Consumer_Updates/Stepfamilies.aspx

Immigrant and Refugee Families

https://www.aamft.org/Consumer_Updates/Immigrants_and_Refugees.aspx

Caregiving later in Life

https://aamft.org/Consumer_Updates/caregivingforadults.aspx

Financial Distress and the Family

https://aamft.org/Consumer_Updates/Financial_Distress.aspx

Same Sex Parents and their Children

https://aamft.org/Consumer_Updates/Same-sex_Parents_and_Their_Children.aspx

Therapeutic Concerns for Same Sex Couples

https://aamft.org/Consumer_Updates/Therapeutic_Issues_for_Same-sex_Couples.aspx

Substance Abuse and Intimate Partner Relationships

https://aamft.org/Consumer_Updates/Substance_Abuse_and_Intimate_Relationships.aspx