

**American Psychological Association Resources**

*Courtesy of Tara Davis, Director of Staff Well-Being and Engagement, American Psychological Association*

[APA’s Help Center](http://www.apa.org/helpcenter): A resource featuring information related to psychological issues affecting your daily physical and emotional wellbeing. The articles are written by psychologists or include psychological science to deal with a variety of topics such as COVID-19, anger, willpower, healthy habits for families, anxiety and more.

[APA’s Resources for Employers](http://www.apaexcellence.org/): A full-fledged resource for organizations and how they can become healthier, support employee wellbeing and more.

[APA’s Model of a Psychologically Healthy Workplace](http://www.apaexcellence.org/resources/creatingahealthyworkplace/)

[APA’s Resources for Racism, Bias and Discrimination](https://www.apa.org/topics/racism-bias-discrimination)

[APA’s COVID-19 Information and Resources](https://www.apa.org/topics/covid-19)