

Youth & Family Mental Health COVID-19 Resource Guide

MENTAL HEALTH RESOURCES

1. [National Council on Behavioral Health, COVID-19 Tips](#)
2. [Coronavirus Anxiety Tips for Reducing Worries](#)
3. [Guide to Mental Health Resources for COVID-19](#)
4. **Youth Resources:**
 - [Workbook for Children on COVID-19](#) (multiple languages)
 - [Coping After a Disaster](#)

Books to Help Children Cope and Understand COVID-19:

 - [Angelina the Cat Stays Home](#) (read online)
 - [Angelina the Cat Stays Home](#) (print and fold)

Libro para Ayudar a los Niños a Sobrellevar y Comprender el COVID-19:

 - [Angelina la Gata se Queda en Casa](#) (leer en línea)
 - [Angelina la Gata se Queda en Casa](#) (imprimir y doblar)
5. [HELPLINE for Older Adults & Caregivers](#) (in multiple languages)
6. [Kara Grief Support Services](#)

CRISIS SUPPORT

1. **Crisis Hotline:**
650-579-0350 • 800-273-8255
2. **24-Hour Parent Support Line:**
650-579-0358 • 888-220-7575
3. **Online Chatroom:** to support teens, available only during after school hours, 4:30-9:30 p.m. PST, Monday–Thursday
www.onyourmind.net



RESOURCES FOR PHYSICAL DISTANCING

1. [Community Connections in Times of Physical Separation](#), Each Mind Matters
2. [Tips for Social Distancing, Quarantine, and Isolation During an Infectious Disease Outbreak](#), Substance Abuse and Mental Health Services Administration
3. [Working Remotely During COVID-19: Your Mental Health and Well-Being](#), American Psychiatric Association Foundation
4. [How to Fight the Social Isolation of Coronavirus](#), AARP

RESOURCES FOR ALL PROVIDERS AND CAREGIVERS

1. [COVID Resource Page for Supporting Children](#), Dr. Hayek, School Psychologist
2. [A Compiled List of Resources](#), for teachers and parents
3. [Strategies for Regulation at Home](#), Sensitive Solutions, local Occupational Therapy Center
4. [Play Connect 4 Online!](#)
5. [Recording of Grounding Meditation Exercise](#)
6. [Online Trauma Informed Yoga Sessions](#), Art of Yoga Project
7. [Support for Learning at Home](#), Sesame Street Communities

PROVIDERS TEACHERS, MENTAL HEALTH, CHILD WELFARE, ETC.

1. **Upcoming Virtual Training:** Center for Children & Youth Training Institute: [Building Resiliency During COVID19: Self-Care and Vicarious Trauma Prevention](#)
2. **Neurosequential Network/Bruce Perry: COVID19 Resource Page**
 - [Videos and Podcasts about Supporting Trauma Informed Work](#)
 - [Dr. Bruce Perry](#), Impact on Children, Youth, and Communities
 - [COVID Series 1](#), Stress and Resilience
 - [COVID Series 2](#), State Dependent Functioning
 - [COVID Series 3](#), Emotional Contagion



3. [Creativity in Therapy](#), Art Therapy Directive for Safe Place
4. [Support for Individuals with Autism](#), booklet for explaining COVID-19
5. [Nine Trauma-Informed Activities for Child Welfare](#)
6. [Creating, Supporting, and Sustaining Trauma-Informed Schools](#),
The National Child Traumatic Stress Network

CAREGIVERS

1. [Helping Children Cope with Emergencies](#) (English/Spanish)
Center for Disease Control and Protection
2. [Helping Children Cope After a Traumatic Event](#), Child Mind Institute
3. [10 Tips for Talking About COVID-19 with Your Kids](#), PBS SoCal
4. [How to Talk to Your Anxious Child or Teen About Coronavirus](#),
Anxiety and Depression Association of America
5. [Just For Kids: A Comic Exploring the New Coronavirus](#), NPR
6. [Helping Children and Teens Cope with Anxiety about COVID-19](#),
Seattle Children's Hospital
7. [How to Help Teens Shelter in Place](#)
8. [Speaking to Children About COVID-19](#),
National Association of School Psychologists
9. [Book: Explaining the Virus to Children](#) (Spanish)

