Youth & Family Mental Health
COVID-19 Resource Guide

2. Coronavirus Anxiety Tips for Reducing Worries
4. Youth Resources:
   - Workbook for Children on COVID-19 - in 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 linea)
   - Angelina la Gata se Queda en Casa (imprimir y doblar)
5. HELPLINE for Older Adults & Caregivers (in multiple languages)
6. Kara Grief Support Services

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
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
4. **How to Fight the Social Isolation of Coronavirus**, AARP

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 Medication Exercise**
6. **Online Trauma Informed Yoga Sessions**, Art of Yoga Project
7. **Support for Learning at Home**, Sesame Street Communities

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

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)