Youth & Family Mental Health
COVID-19 Resource Guide

2. Coronavirus Anxiety Tips for Reducing Worries
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 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
### 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
4. **How to Fight the Social Isolation of Coronavirus**, AARP

### RESOURCES FOR ALL PROVIDERS AND CAREGIVERS

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


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1. Helping Children Cope with Emergencies (English/Spanish)  
   Center for Disease Control and Prevention

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)