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
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

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 Medication 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
   - 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

**4. Support for Individuals with Autism**, booklet for explaining COVID-19

**5. Nine Trauma-Informed Activities for Child Welfare**


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<th>CAREGIVERS</th>
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<td><strong>2. Helping Children Cope After a Traumatic Event</strong></td>
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<td><strong>3. 10 Tips for Talking About COVID-19 with Your Kids</strong></td>
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<td><strong>4. How to Talk to Your Anxious Child or Teen About Coronavirus</strong></td>
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<td><strong>5. Just For Kids: A Comic Exploring the New Coronavirus</strong></td>
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<td><strong>6. Helping Children and Teens Cope with Anxiety about COVID-19</strong></td>
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<td><strong>7. How to Help Teens Shelter in Place</strong></td>
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<td><strong>8. Speaking to Children About COVID-19</strong></td>
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<td><strong>9. Book: Explaining the Virus to Children</strong> (Spanish)</td>
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