COVID-19 : Behavioral Health Resources

The NCTSN and our partners are continuing to create resources to address the behavioral health needs of children, families, and communities impacted by COVID-19. Please review and share the latest:

NCTSN
- Simple Activities for Children and Adolescents amidst COVID-19 outbreak
- Supporting Children During Coronavirus (COVID-19) - NEW!
- Coping in Hard Times: Fact Sheet for Parents - UPDATED!
- Coping in Hard Times: Fact Sheet for Youth High School and College Age - UPDATED!
- Coping in Hard Times: Fact Sheet for School Staff - UPDATED!
- Coping in Hard Times: Fact Sheet for Community Organizations and Leaders - UPDATED!
- Family Resilience and Traumatic Stress: A Guide for Mental Health Providers
- Helping Children with Traumatic Separation or Traumatic Grief Related to COVID-19 - NEW!
- Taking Care of Yourself

Center for the Study of Traumatic Stress
- Helping Homebound Children During the COVID-19 Outbreak
- Managing Family Conflict While at Home During COVID-19: Intimate Partners
- When Family Members are Hospitalized due to COVID-19
- Sustaining the Well-Being of Healthcare Personnel
- Caring for a Patients’ Mental Well-Being: A Guide for Clinicians

SAMHSA
- Tips for Social Distancing, Quarantine, and Isolation
- Talking with Children about Infectious Disease Outbreaks
- Coping with Stress During Infectious Disease Outbreaks

Other NCTSN Resources
Psychological First Aid - The NCTSN has resources for responders on Psychological First Aid (PFA). PFA is an early intervention to support children, adolescents, adults, and families impacted by these types of events. Download PFA Mobile on your IOS or Android mobile devices. The PFA online training course is available on our NCTSN Learning Center. NEW! A 3-hour webinar of PFA in Spanish is also available on our Learning Center!

Skills for Psychological Recovery - For providers to address individuals' additional concerns, NCTSN has Skills for Psychological Recovery (SPR). The SPR manual and all translations are now on the NCTSN website. NEW! SPR online training course is available on the NCTSN Learning Center.

Disaster Helpline
SAMHSA has a Disaster Distress Helpline - call 1-800-985-5990 or text TALKWITHUS to 66746.

Additional Resources:
For those that are needing technical assistance or additional resources, please don’t hesitate to contact Dr. Melissa Brymer at mbrymer@mednet.ucla.edu.