



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

- [Parent/Caregiver Guide to Helping Families Cope with COVID-19](#) (translated in Spanish and Mandarin)
- [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.