COVID-19: Behavioral Health Resources

Here are resources related to COVID-19 that have been developed by the National Child Traumatic Stress Network and related partners:

NCTSN
- Simple Activities for Children and Adolescents amidst COVID-19 outbreak - NEW!
- Take Care of Yourself

Center for the Study of Traumatic Stress
- Helping Homebound Children During COVID-19 Outbreak
- Addressing the Psychological Effects of Quarantine – What Healthcare Providers Need to Know
- Sustaining the Well-Being of Healthcare Personnel
- Caring for a Patients’ Mental Well-Being: A Guide for Clinicians

CDC
- The CDC is regularly updating information at: https://www.cdc.gov/coronavirus/2019-ncov/index.html
- Community Mitigation Strategies
- Reducing Stigma

SAMSHA
- 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 also 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. The PFA online training course is available on our NCTSN Learning Center. Also download PFA Mobile on your IOS or Android mobile devices.

Skills for Psychological Recovery - For providers to address individuals additional concerns, NCTSN has Skills for Psychological Recovery (SPR). SPR manual and all translations are now on the NCTSN website. The new revamped SPR online course will be available on the NCTSN Learning Center on March 23rd.

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