

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

- [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 - **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**.