

## Educational Resources

Crisis Support	
<i>Resources that may help if you are experiencing a mental health crisis or need immediate support</i>	
Title/Description	Phone Number/Website
<b>LA County Wellbeing Line</b> (10am-6pm PST phone) <i>Support line for professionals experiencing stress, desiring someone to talk to or supportive resources. Open 7 days a week, 10am-6pm.</i>	(833) 307-0509
<b>Suicide Prevention Lifeline through Didi Hirsch</b> (24/7 phone) <i>Lifeline to call when you or someone you know may be considering suicide. Call even if it isn't a crisis, 24 hours 7 days a week.</i>	1-800-273-8255
<b>DMH Helpline</b> (27/7 phone) <i>Hotline for anyone seeking emotional support, mental health services, or navigating services for a loved one, available 24 hours a day, 7 days a week.</i>	1-800-854-7771
<b>Emotional Support Warm Line</b> (9am-9pm PST phone) <i>One of the options when calling the DMH Helpline, for county residents who may not want mental health services but would like to talk with a trained listener.</i>	1-800-854-7771 (option 2 when calling the DMH Help Line)
<b>Trevor Project</b> (24/7 phone/text/chat)	1-866-488-7386, or visit <a href="https://www.thetrevorproject.org/">https://www.thetrevorproject.org/</a>
<b>Trans Lifeline</b> (24/7 phone)	1-877-565-8860, or visit <a href="https://translifeline.org/">https://translifeline.org/</a>
<b>CA Youth Crisis Hotline</b> (24/7 phone)	1-800-843-5200, or visit <a href="http://calyouth.org/chat-with-a-crisis-counselor/">http://calyouth.org/chat-with-a-crisis-counselor/</a>
<b>Teen Line</b> (6PM – 9PM PST phone/text)	310-855-4673 or text "TEEN" to 839863, or visit <a href="https://teenlineonline.org/yyp/edelman-mental-health-center/">https://teenlineonline.org/yyp/edelman-mental-health-center/</a>

Office of Surgeon General	
Title/Description	Link
<b>California Surgeon General's Playbook: Stress Relief for Caregivers and Kids during COVID-19</b>	<a href="https://files.covid19.ca.gov/pdf/wp/california-surgeon-general_stress-busting-playbook_draft-v2clean_ada-04072020.pdf">https://files.covid19.ca.gov/pdf/wp/california-surgeon-general_stress-busting-playbook_draft-v2clean_ada-04072020.pdf</a>

Los Angeles County Office of Education Resources	
Title/Description	Link
<b>Los Angeles County Schools: Rising to the Challenge of COVID-19 – A Planning Framework for the 2020-21 School Year</b>	<a href="https://www.lacoe.edu/Home/School-Reopening">https://www.lacoe.edu/Home/School-Reopening</a>
<b>Los Angeles County Head Start and Early Learning: Reopening Planning Framework – Rising to the Challenge of COVID-19</b>	<a href="https://www.lacoe.edu/Portals/0/HSEL%20Reopening%20Planning%20Framework.pdf?ver=2020-07-15-141136-690">https://www.lacoe.edu/Portals/0/HSEL%20Reopening%20Planning%20Framework.pdf?ver=2020-07-15-141136-690</a>

<b>Resources: Equity, Social Justice, and Engagement</b>	<a href="https://www.lacoe.edu/Curriculum-Instruction/Equity-Social-Justice-and-Engagement">https://www.lacoe.edu/Curriculum-Instruction/Equity-Social-Justice-and-Engagement</a>
<b>Coronavirus (COVID-19) Resources</b>	<a href="https://www.lacoe.edu/Home/Health-and-Safety/Coronavirus-Resources">https://www.lacoe.edu/Home/Health-and-Safety/Coronavirus-Resources</a>
<b>COVID-19 Response – Resources and Announcements – Early Childhood Education</b>	<a href="https://www.lacoe.edu/Early-Learning/ECE-Covid-19-Resource-Page">https://www.lacoe.edu/Early-Learning/ECE-Covid-19-Resource-Page</a>

DMH-UCLA Prevention Center of Excellence	
Title/Description	Link
<b>Wellbeing4LA Learning Center</b> <i>Trainings to help school staff build confidence in recognizing and responding to the emotional and mental health needs of students and families</i>	<a href="https://www.wellbeing4la.org/wellbeing4la-online-learning-center/">https://www.wellbeing4la.org/wellbeing4la-online-learning-center/</a>
<b>Preparing to Reopen: Prioritizing Prevention</b> With Dr. Jonathan Sherin, Director, Los Angeles County Department of Mental Health	<a href="https://learn.wellbeing4la.org/detail?id=1761">https://learn.wellbeing4la.org/detail?id=1761</a>
<b>The Path to Reopening Los Angeles Schools</b> With Dr. Debra Duardo, Superintendent of Schools, LACOE	<a href="https://learn.wellbeing4la.org/detail?id=1756">https://learn.wellbeing4la.org/detail?id=1756</a>
<b>Preparing to Reopen: Considerations for Student and Staff Safety</b> With Arturo Valdez, Deputy Superintendent of Schools, LACOE	<a href="https://learn.wellbeing4la.org/detail?id=1759">https://learn.wellbeing4la.org/detail?id=1759</a>
<b>Preparing to Reopen: Listening, Partnering, and Breathing</b> With Dr. Laurel Bear, Educational Consultant, Los Angeles County Department of Mental Health	<a href="https://learn.wellbeing4la.org/detail?id=1760">https://learn.wellbeing4la.org/detail?id=1760</a>
<p>For more information, check out “Educators Overcoming Under Stress,” a series of videos to support educators and school staff during the COVID-19 pandemic. The full series is available for free on the DMH-UCLA Prevention Center of Excellence learning platform.</p> <p><b>*Please note: You will have to sign up for an account before being able to access the trainings.</b></p>	

Additional Resources for Educators	
Title/Description	Link
<b>Getting Back to School after Disruptions</b> (Positive Behavioral Interventions & Supports)  <i>Resources for making your school year safer, more predictable, and more positive</i>	<a href="https://www.pbis.org/resource/getting-back-to-school-after-disruptions-resources-for-making-your-school-year-safer-more-predictable-and-more-positive">https://www.pbis.org/resource/getting-back-to-school-after-disruptions-resources-for-making-your-school-year-safer-more-predictable-and-more-positive</a>
<b>Addressing Racism in the Classroom</b> (NCTSN)  <i>A resource for educators</i>	<a href="https://schoolcounselor.org/asca/media/PDFs/FINAL-Race-and-Trauma-in-the-Classroom-Factsheet.pdf">https://schoolcounselor.org/asca/media/PDFs/FINAL-Race-and-Trauma-in-the-Classroom-Factsheet.pdf</a>
<b>Teaching Through Trauma</b> (California Educator)  <i>A series of stories that look at how educators are handling students with trauma</i>	<a href="https://californiaeducator.org/2019/08/19/teaching-through-trauma/">https://californiaeducator.org/2019/08/19/teaching-through-trauma/</a>
<b>Helping Youth after Community Trauma</b> (NCTSN)  <i>Tips for educators</i>	<a href="https://achieve.lausd.net/cms/lib/CA01000043/Centricity/Domain/156/helping_youth_after_community_trauma_for_educators_final_explosions.pdf">https://achieve.lausd.net/cms/lib/CA01000043/Centricity/Domain/156/helping_youth_after_community_trauma_for_educators_final_explosions.pdf</a>
<b>School Reentry Considerations</b> (American School Counselor Association)	<a href="https://www.schoolcounselor.org/asca/media/asca/Publications/SchoolReentry.pdf">https://www.schoolcounselor.org/asca/media/asca/Publications/SchoolReentry.pdf</a>

<i>Supporting student social and emotional learning and mental and behavioral health amidst COVID-19</i>	
<b>Back to School After COVID-19</b> (Mental Health Technology Transfer Center Network)	<a href="https://mhttcnetwork.org/centers/new-england-mhttc/product/c-tlc-back-school-after-covid-19-supporting-student-and-staff">https://mhttcnetwork.org/centers/new-england-mhttc/product/c-tlc-back-school-after-covid-19-supporting-student-and-staff</a>
<i>Supporting student and staff mental health toolkit</i>	
<b>Countering Coronavirus Stigma &amp; Racism</b> (National Association of School Psychologists)	<a href="https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/countering-coronavirus-stigma-and-racism-tips-for-teachers-and-other-educators">https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/countering-coronavirus-stigma-and-racism-tips-for-teachers-and-other-educators</a>
<i>Tips for teachers and other educators</i>	
<b>Teaching Tolerance</b>	<a href="https://www.tolerance.org/the-moment/may-8-2020-affirming-black-lives-without-inducing-trauma?fbclid=IwAR276l4wLsnNCsPdoVI_FjPN-ZTjsPv4t-D9vXwroEGmvDIQj9aOul7mnP0">https://www.tolerance.org/the-moment/may-8-2020-affirming-black-lives-without-inducing-trauma?fbclid=IwAR276l4wLsnNCsPdoVI_FjPN-ZTjsPv4t-D9vXwroEGmvDIQj9aOul7mnP0</a>
<i>Affirming Black lives without inducing trauma</i>	
<b>Supporting Black LGBTQ Youth Mental Health</b> (Trevor Project)	<a href="https://www.thetrevorproject.org/wp-content/uploads/2020/06/Supporting-Black-LGBTQ-Youth-Mental-Health.pdf">https://www.thetrevorproject.org/wp-content/uploads/2020/06/Supporting-Black-LGBTQ-Youth-Mental-Health.pdf</a>
<i>Tips for educators</i>	

Additional Resources for Parents	
Title/Description	Link
<b>Supporting your child's mental health as they return to school</b> (UNICEF)	<a href="https://www.unicef.org/coronavirus/supporting-your-childs-mental-health-during-covid-19-school-return">https://www.unicef.org/coronavirus/supporting-your-childs-mental-health-during-covid-19-school-return</a>
<i>How parents can help their children navigate their feelings during school reopenings</i>	
<b>'What will a return to school during COVID-19 pandemic look like?'</b> (UNICEF)	<a href="https://www.unicef.org/coronavirus/what-will-return-school-during-covid-19-pandemic-look">https://www.unicef.org/coronavirus/what-will-return-school-during-covid-19-pandemic-look</a>
<i>What parents need to know about school reopening in the age of coronavirus</i>	
<b>Starting a New School Year Following a Summer of Change</b> (Psych Central)	<a href="https://psychcentral.com/lib/starting-a-new-school-year-following-a-summer-of-change/">https://psychcentral.com/lib/starting-a-new-school-year-following-a-summer-of-change/</a>
<i>Resources for helping students transition back to school</i>	
<b>Helping Children Cope with Changes Resulting From COVID-19</b> (National Association of School Psychologists)	<a href="https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/helping-children-cope-with-changes-resulting-from-covid-19">https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/helping-children-cope-with-changes-resulting-from-covid-19</a>
<i>Tip for parents on helping children during the COVID-19 pandemic</i>	
<b>Helping Kids Grieve</b> (Sesame Street in Communities)	<a href="https://sesamestreetincommunities.org/topics/grief/">https://sesamestreetincommunities.org/topics/grief/</a>
<i>Tips and resources for parent on helping children who lost a loved one</i>	

Resources for Youth	
Title/Description	Link
<b>Responding to Change and Loss</b> (National Alliance for Grieving Children)	<a href="https://www.chesterfield.gov/DocumentCenter/View/15523/NAGC-Activity-Booklet-Responding-to-Change-and-Loss-PDF?bidId=">https://www.chesterfield.gov/DocumentCenter/View/15523/NAGC-Activity-Booklet-Responding-to-Change-and-Loss-PDF?bidId=</a>

<i>Activities for children and teens experiencing grief</i>	
<b>Guided Meditations for Teens</b> (Mindfulness for Teens)	<a href="http://mindfulnessforteens.com/guided-meditations/">http://mindfulnessforteens.com/guided-meditations/</a>
<b>How LGBTQ Youth Can Cope with Anxiety and Stress During COVID-19</b> (Trevor Project)	<a href="https://www.thetrevorproject.org/2020/03/26/how-lgbtq-youth-can-cope-with-anxiety-and-stress-during-covid-19/">https://www.thetrevorproject.org/2020/03/26/how-lgbtq-youth-can-cope-with-anxiety-and-stress-during-covid-19/</a>
<b>NAMI Resources</b> (NAMI-Urban Los Angeles)	<a href="https://www.namiurbanla.org/resources">https://www.namiurbanla.org/resources</a>
<i>Various local resources for teens and families</i>	

Additional Resource for LA County Residents	
Title/Description	Link
<b>Headspace</b>  <i>Mindfulness and meditation app provided for free to all LA County residents.</i>	<a href="https://work.headspace.com/lacdmhresidents/member-enroll">https://work.headspace.com/lacdmhresidents/member-enroll</a>
<b>Wellbeing4LA Learning Center</b>  <i>Trainings to help school staff build confidence in recognizing and responding to the emotional and mental health needs of students and families.</i>	<a href="https://learn.wellbeing4la.org/">https://learn.wellbeing4la.org/</a>