Resources for coping and promoting wellbeing during COVID-19

1. *Six Daily Questions to Ask Yourself in Quarantine* (Greater Good Science Center, UC Berkeley)

2. *California Surgeon General's Playbook: Stress Relief during COVID-19*

3. *Teen Guide to Mental Health and Wellness* (San Diego County Office of Ed)

4. *Strategies for Stress and Coping* (CDC)

5. *National Center for School Mental Health (NCSMH)*
   - COVID-19 Resources: Mental Health and Stress Management

6. *Implications of COVID-19 for LGBTQ Youth Mental Health and Suicide Prevention* (Trevor Project)

7. *HEARD Alliance K12 Toolkit for Mental Health Promotion and Suicide Prevention*

*Crisis Lines:*

(650) 579-0350 (San Mateo)
(415) 781-0500 (SF)
1-855-278-4204 (Santa Clara)
1-800-273-8255 (National)

CRISIS TEXT LINE: Text START to 741-741

*Other Tips for teachers, staff, and parents/caregivers*

http://www.heardalliance.org/