

**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/>