GENERAL RESOURCES
- LA County Department of Mental Health
  - Mental health resources and updates
  - [https://dmh.lacounty.gov/covid-19-information/](https://dmh.lacounty.gov/covid-19-information/)
- LA County Department of Child and Family Services
  - Information for parents, resource parents, and youth
  - Frequently asked questions
- National Child Traumatic Stress Network
  - Facts, activities, and other supports
  - [https://www.nctsn.org/sites/default/files/resources/spotlight/0320.html](https://www.nctsn.org/sites/default/files/resources/spotlight/0320.html)

RESOURCES FOR PARENTS
- Parenting top tips
  - Be truthful, maintain routines, self-care, and be ready to talk!
- Healthy parenting handouts
  - One-on-one time, structure, managing stress, talking about COVID-19, and more!
- Keeping your kids entertained
  - Fun stay at home activities!
- School support, financial aid, etc.
  - [https://www.togetherweare.org/covid-19/resources/](https://www.togetherweare.org/covid-19/resources/)
- REMEMBER, YOU ARE DOING YOUR BEST.

RESOURCES FOR CLINICIANS
- Advice on telehealth with children
- Self-care for clinicians during COVID-19
- Resources to support the health and well-being of clinicians

RESOURCES FOR YOUTH
- Children’s book
  - Trinka and Sam Fighting the Big Virus
- Coping with stress as a student
  - Social support, focus on what you can control
- Tips for teens to stay energized

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