

UCLA TIES for Families

COVID-19 Resource Guide



RESOURCES FOR PARENTS

- Parenting top tips
 - Be truthful, maintain routines, self-care, and be ready to talk!
 - <https://www.triplep-parenting.com/us/hot-parenting-topics/parenting-during-covid-19/>
- Healthy parenting handouts
 - One-on-one time, structure, managing stress, talking about COVID-19, and more!
 - <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/healthy-parenting>
- Keeping your kids entertained
 - Fun stay at home activities!
 - <https://time.com/5803373/coronavirus-kids-at-home-activities/>
- School support, financial aid, etc.
 - <https://www.togetherwise.org/covid-19/resources/>
- **REMEMBER, YOU ARE DOING YOUR BEST.**

RESOURCES FOR CLINICIANS

- Advice on telehealth with children
 - https://www.researchgate.net/publication/340066049_COVID-19_Tips_Building_Rapport_with_Youth_via_Telehealth
- Self-care for clinicians during COVID-19
 - <https://www.apa.org/news/apa/2020/03/psychologists-self-care>
- Resources to support the health and well-being of clinicians
 - <https://nam.edu/initiatives/clinician-resilience-and-well-being/clinician-well-being-resources-during-covid-19/>

GENERAL RESOURCES

- LA County Department of Mental Health
 - Mental health resources and updates
 - <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
 - <https://dcfs.lacounty.gov/coronavirus-covid-19-updates/>
- National Child Traumatic Stress Network
 - Facts, activities, and other supports
 - <https://www.nctsn.org/sites/default/files/resources/spotlight/0320.html>

RESOURCES FOR YOUTH

- Children's book
 - Trinka and Sam Fighting the Big Virus
 - <http://piploproductions.com/trinka-and-sam-virus/>
- Coping with stress as a student
 - Social support, focus on what you can control
 - <https://www.apa.org/topics/covid-19/student-stress>
- Tips for teens to stay energized
 - <https://www.uhhospitals.org/Healthy-at-UH/articles/2020/04/coronavirus-tips-for-teens-to-stay-energized>

Contact Us

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