This page lists general resources providers can share with patients to increase buffering and protective factors to reduce the impact of toxic stress related to COVID-19.

**COVID-19 Stress Management Resources**
This section lists resources for providers related to COVID-19. These resources include mental health and psychosocial support considerations, workforce and organization resilience strategies, and resources providers can share with their patients.

For the latest information in California, visit [COVID19.CA.gov](https://COVID19.CA.gov). For the latest clinical information on COVID-19 for health care providers, contact your local Department of Public Health website. Additional information including interim guidance and resources on caring for patients with COVID-19, visit the [Centers for Disease Control and Prevention COVID-19 Information for Healthcare Professionals](https://www.cdc.gov) webpage.

**Resources for Providers on Mental Health and Psychosocial Support Considerations**

**Briefing Note on Addressing Mental Health and Psychosocial Aspects of COVID-19 Outreach – Version 1.1**

Summary of key mental health and psychosocial support considerations for COVID-19. Inter-Agency Standing Committee (IASC) Reference Group for Mental Health and Psychosocial Support in Emergency Settings. Includes specific interventions for special populations:

- [Helping Older Adults Cope with Stress During the COVID-19 Outbreak](https://www.cdc.gov)
- [Supporting the Needs of People with Disabilities During a COVID-19 Outbreak](https://www.cdc.gov)
- [Messages and Activities for Helping Children Deal with Stress During the COVID-19 Outbreak](https://www.cdc.gov)
- [Activities for Adults in Isolation/Quarantine](https://www.cdc.gov)
- [Supporting People Working in the COVID-19 Response](https://www.cdc.gov)

**Center for the Study of Traumatic Stress Website – Coronavirus and Emerging Infectious Disease Outbreak Response.** Uniformed Services University. Includes the following resources:

- [Sustaining the Well-Being of Healthcare Personnel during Coronavirus and other Infectious Disease Outbreaks](https://www.cdc.gov)

List of strategies for healthcare professionals to employ in support of self- and team-care. Center for the Study of Traumatic Stress, Uniformed Services University.
• **Psychosocial Effects of Quarantine or Isolation During the Coronavirus Outbreak: What Healthcare Providers Need to Know**

  The psychological effects of quarantine or isolation, as well as strategies for how healthcare providers can care for their patients' and their own mental well-being during periods of quarantine.

**Resources for Workforce and Organization Resilience**

**COVID-19 Considerations for a Trauma Informed Response for Work Settings (Organizations/Schools/Clinics)**

Trauma-informed considerations for work settings where services are provided, in light of COVID-19. Trauma Informed Oregon, Portland State University, Oregon Health Authority.

**Building Organizational Resilience in the Face of a Ubiquitous Challenge**

How organizational leaders can use trauma-informed care approaches to support their workforce in addressing the COVID-19 pandemic. Karen Johnson, Trauma-Informed Lens Consulting.

**Resources for Providers to Share with Patients**

**Helping Children Cope with Stress During the COVID-19 Outbreak**

One-page tip sheet for parents on how to help children cope with stress during the outbreak. Can be posted in exam rooms. World Health Organization.

**Talking to Children About COVID-19 (Coronavirus): A Parent Resource – Spanish version**


**Helping Homebound Children During the COVID-19 Outbreak**

A two-page parent resource on approaches to manage homebound periods for children and families. Center for the Study of Traumatic Stress. Uniformed Services University.

**Mental Health Support for COVID-19 from the National Alliance on Mental Illness**

Information and extensive on-line resources for individuals experiencing anxiety related to COVID-19, as well as specific information for individuals living with a mental illness. National Alliance on Mental Illness (NAMI).

**Information on COVID-19 for Domestic and Sexual Violence Survivors, Communities, and Programs**

Compilation of recommendations and resources for survivors of domestic and sexual violence, as well as programs that support survivors. Futures without Violence.
Crisis Lines

- **National Suicide Prevention Lifeline** (24/7) – Call 800-273-TALK (8255); [Online chat support](#)
- **NAMI Crisis Text Line** (24/7) – Text NAMI to 741-741
- **National Domestic Violence Hotline** (24/7) – Call 800-799-SAFE (7233)
- **National Sexual Assault Hotline** (24/7) – Call 800-656-HOPE (4673); [Online Hotline](#)
- **National Parent Helpline** (Monday through Friday 10:00 am – 7:00 pm PDT) – Call 1-855-2736 for emotional support and advocacy for parents
**General Resources Providers Can Share with Patients on Buffering Toxic Stress**

This section lists resources providers can share with patients to increase buffering and protective factors for adults and families/children to reduce the impact of stress related to COVID-19. These factors include supportive relationships; high-quality sleep; mindfulness and meditation; exercise; and balanced nutrition.

**For Adults**

**ACEs Aware Self-Care Tool for Adults**
An ACEs Aware-developed tool for adult patients to use in developing a self-care plan to enhance well-being and decrease stress — for adults.

**Carpinteria Children’s Project – Handout for Adults on How to Lower Toxic Stress – Spanish version**
Patient handout for adults on how to lower toxic stress. Carpinteria Children’s Project.

**For Families/Children**

**ACEs Aware Self-Care Tool for Pediatrics**
An ACEs Aware-developed tool for patients to use in creating a self-care plan to enhance well-being and decrease stress — for children and families.

**The Benefit of Supportive Relationships – Spanish version – Portuguese version**
Patient handout for families about maintaining supportive relationships. Center for Youth Wellness and ZERO TO THREE.

**Using Mindfulness – Spanish version – Portuguese version**
Patient handout about using mindfulness as a tool to reduce toxic stress. Center for Youth Wellness and ZERO TO THREE.

**Good Sleep Habits – Spanish version – Portuguese version**
Patient handout on children’s sleeping habits. Center for Youth Wellness and ZERO to THREE.