



ACEs Aware Stress Management Resource List

March 25, 2020

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://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19.aspx). 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/media/releases/2020/s110320-covid-19-healthcare.html) 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](#)
- [Supporting the Needs of People with Disabilities During a COVID-19 Outbreak](#)
- [Messages and Activities for Helping Children Deal with Stress During the COVID-19 Outbreak](#)
- [Activities for Adults in Isolation/Quarantine](#)
- [Supporting People Working in the COVID-19 Response](#)

[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](#)
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](#)

A four-page parent resource sheet developed by school psychologists and nurses for talking with children about COVID-19. Available in English and Spanish. National Association of School Psychologists and National Association of School Nurses.

[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.