Family and Child information

- Defending the Early Years resources specifically for COVID including videos with parents to watch with children. [https://dey.org/covid-19-resources/](https://dey.org/covid-19-resources/)
- ECHO training infographics and videos on trauma and understanding behavior [https://www.echotraining.org/infographics/](https://www.echotraining.org/infographics/)
- CSEFEL Resources and Tips for Families – not specific to trauma but focuses on meaning for behavior
- Zero to three – parenting information on positive parenting [https://www.zerotothree.org/resources/series/print-and-share-resources](https://www.zerotothree.org/resources/series/print-and-share-resources)
- Action for Happiness - [https://www.actionforhappiness.org/calendars](https://www.actionforhappiness.org/calendars) offers resilience Calendars, resources, and an APP. Focused on resilience building as opposed to trauma
- The National Child Traumatic Stress Network

Social Emotional Wellness Resources

The threat of COVID-19, long-term social distancing, and prolonged disruption to school and home routines may create significant stress and impact children and families’ mental well-being. The Virginia Department of Education (VDOE) has created Social Emotional Wellness Quick Guides that include important information and resources for the following school communities:

- Military-Connected Students Quick Guide
- Early Learners Quick Guide
- Parents and Caregivers Quick Guide
- English Learners Quick Guide
- Students with Disabilities Quick Guide
Virginia COPES
New COVID-19 Response Warm Line!

We are now operating a second Warm Line specifically to support anyone in Virginia struggling with trauma, grief and distress caused by COVID-19. Trained staff provide strength-based support, resilience building strategies and community resources and referrals.

(877) 349-6428
Call or TEXT
No cost. Anonymous.

9:00 a.m. to 9:00 p.m. Monday-Friday
5:00 p.m. to 9:00 p.m. Saturday and Sunday

Compassionate, Optimistic, Person-Centered, Empowering, Support

The project is a coordinated effort between the Virginia Department of Behavioral Health and Developmental Services, Mental Health America of Virginia and the Virginia Department of Emergency Management. Funding is provided by the Federal Emergency Management Agency with technical assistance and oversight from the Substance Abuse and Mental Health Services Administration.

COVID-19 Resiliency Resources

https://mhanational.org/covid19

https://covid.virginia.gov/ - A compilation of Virginia resources

DBHDS Resources and Information: Department of Behavioral Health and Developmental Services

SAMHSA Resources and Information: Substance Abuse and Mental Health Services

HealthyPlace - worry-fear-and how not to panic