



Health and Wellness Resources

This strand includes topics related to physical or mental health, including drug abuse, self-care/care for the caregivers, trauma-informed care, suicide prevention, youth mental health first aid, healthy teen relationships/dating violence, and social and emotional learning supports.

General Resources

[COVID-19 Mental Health Resources](#)

Regional Links

[Texas State of Mind—Mental and Behavioral Health Toolkit](#)

[Local Mental Health Authorities](#)

[Crisis/Emergency Care/Hotlines/Child Maltreatment](#)

[Hospital/In-Patient Services](#)

[Mental Health Wellness and Counseling Supports](#)

[Trauma Supports](#)

[Grief Supports](#)

[Substance and Drug Support](#)

[Suicide Prevention](#)

[Family-Based Services and Nursing Community Health](#)

Texas Links

[Texas Health and Human Services/ 211](#)

[Aunt Bertha](#)

[Texas System of Care](#)

[Mental Health Texas](#)

Helpful Tip Links and Resources

[Psychological First Aid for Schools](#)

[After a School Tragedy . . . Readiness, Response, and Recovery Resources](#)

[10 Tips to Help Someone Experiencing Trauma](#)

[Tips for Caregivers Helping Teens with Traumatic Grief](#)

[Tips for Caregivers Helping Young Children with Traumatic Grief](#)

[Tips for Educators Helping Youth after Community Trauma](#)

[Care for the Caregiver: Parents and Teachers](#)

[Managing Strong Emotional Reactions 2016](#)

Resources to Help Students Cope

[How to Help Children Cope with Disasters](#)

[10 Tips for Keeping Children Safe in a Flood](#)

Additional COVID-19 Resources

National Association of School Psychologists: School Safety and Crisis

[Countering Coronavirus Stigma and Racism, Tips for Teachers & Other Educators](#)

[Responding to COVID-19: Brief Action Steps for School Crisis Response Teams](#)

[Talking to Children About COVID-19 \(Coronavirus\) A Parent Resource](#)

[Preparing for Infectious Disease Epidemics: Brief Tips for School Mental Health Professionals](#)

[Preparing for a Pandemic Illness: Guidelines for School Administrators and Crisis Teams](#)

The Texas Association of School Psychologists
[COVID-19 Resources and Guidance](#)

American School Counselor Association
[Planning for Virtual/Distance School Counseling During an Emergency Shutdown](#)

Collaborative for Academic, Social, and Emotional Learning (CASEL)
[SEL Resources During COVID-19](#)

Crisis Text Line
[How To Handle Coronavirus and Isolation](#)

Mental Health America
[Mental Health And COVID-19 – Information And Resources](#)

Save the Children
[Coronavirus and Kids: Resources from Save the Children](#)

Panorama Education
[SEL and Self-Care Resources for Educators, Schools, and Parents Related to COVID-19](#)

RETHINK
[Supporting youth, teachers and families worldwide through the COVID-19 Pandemic](#)

New York Life
[Caregiving Amidst COVID-19](#)

***Social Emotional Learning Alliance
for Texas***

[Guidance for Talking with Children
and Young Adults About COVID-19](#)

Your Therapy Source
[Free Calming Mandalas](#)

***The US Department of Health &
Human Services***

[Notification of Enforcement
Discretion for telehealth remote
communications during the COVID-19
nationwide public health emergency](#)

***The Center on Positive Behavior
Interventions & Supports***
[Responding to the Novel Coronavirus
\(COVID-19\) Outbreak through PBIS](#)

***The Harris Center for Mental Health
and IDD***

[24/7 Mental Health Support Line for
COVID-19](#)

American Heart Association
[American Heart Association COVID-
19 Resources](#)

***Substance Abuse and Mental Health
Services Administration (SAMHSA)***

[Coping with Stress During Outbreaks
\(English\)](#)

[Coping with Stress During Outbreaks
\(Spanish\)](#)

[Disaster Stress Hotline](#)

[How to Cope with Sheltering in place](#)

[Tips for Social Distancing \(English\)](#)

[Tips for Social Distancing \(Spanish\)](#)