LOS ANGELES COUNTY DEPARTMENT OF MENTAL HEALTH

Educational Resources

Crisis Support *Resources that may help if you are experiencing a mental health crisis or need immediate support*	
Title/Description	**Phone Number/Website**
LA County Wellbeing Line **(**10am-6pm PST phone) *Support line for professionals experiencing stress, desiring someone to talk to or supportive resources. Open 7 days a week, 10am-6pm.*	(833) 307-0509
Suicide Prevention Lifeline through Didi Hirsch (24/7 phone) *Lifeline to call when you or someone you know may be considering suicide. Call even if it isn't a crisis, 24 hours 7 days a week.*	1-800-273-8255
DMH Helpline (27/7 phone) *Hotline for anyone seeking emotional support, mental health services, or navigating services for a loved one, available 24 hours a day, 7 days a week.*	1-800-854-7771
Emotional Support Warm Line (9am-9pm PST phone) *One of the options when calling the DMH Helpline, for county residents who may not want mental health services but would like to talk with a trained listener.*	1-800-854-7771 (option 2 when calling the DMH Help Line)
Trevor Project (24/7 phone/text/chat)	1-866-488-7386, or visit https://www.thetrevorproject.org/
Trans Lifeline (24/7 phone)	1-877-565-8860, or visit https://translifeline.org/
CA Youth Crisis Hotline (24/7 phone)	1-800-843-5200, or visit http://calyouth.org/chat-with-a-crisis-counselor/
Teen Line (6PM – 9PM PST phone/text)	310-855-4673 or text "TEEN" to 839863, or visit https://teenlineonline.org/yyp/edelman-mental-health-center/

Office of Surgeon General	
Title/Description	**Link**
California Surgeon General's Playbook: Stress Relief for Caregivers and Kids during COVID-19	https://files.covid19.ca.gov/pdf/wp/california-surgeon-general_stress-busting-playbook_draft-v2clean_ada-04072020.pdf

Los Angeles County Office of Education Resources	
Title/Description	**Link**
Los Angeles County Schools: Rising to the Challenge of COVID-19 – A Planning Framework for the 2020-21 School Year	https://www.lacoe.edu/Home/School-Reopening
Los Angeles County Head Start and Early Learning: Reopening Planning Framework – Rising to the Challenge of COVID-19	https://www.lacoe.edu/Portals/0/HSEL%20Reopening%20Planning%20Framework.pdf?ver=2020-07-15-141136-690

Resources: Equity, Social Justice, and Engagement	https://www.lacoe.edu/Curriculum-Instruction/Equity-Social-Justice-and-Engagement
Coronavirus (COVID-19) Resources	https://www.lacoe.edu/Home/Health-and-Safety/Coronavirus-Resources
COVID-19 Response – Resources and Announcements – Early Childhood Education	https://www.lacoe.edu/Early-Learning/ECE-Covid-19-Resource-Page

DMH-UCLA Prevention Center of Excellence	
Title/Description	**Link**
Wellbeing4LA Learning Center *Trainings to help school staff build confidence in recognizing and responding to the emotional and mental health needs of students and families*	https://www.wellbeing4la.org/wellbeing4la-online-learning-center/
Preparing to Reopen: Prioritizing Prevention With Dr. Jonathan Sherin, Director, Los Angeles County Department of Mental Health	https://learn.wellbeing4la.org/detail?id=1761
The Path to Reopening Los Angeles Schools With Dr. Debra Duardo, Superintendent of Schools, LACOE	https://learn.wellbeing4la.org/detail?id=1756
Preparing to Reopen: Considerations for Student and Staff Safety With Arturo Valdez, Deputy Superintendent of Schools, LACOE	https://learn.wellbeing4la.org/detail?id=1759
Preparing to Reopen: Listening, Partnering, and Breathing With Dr. Laurel Bear, Educational Consultant, Los Angeles County Department of Mental Health	https://learn.wellbeing4la.org/detail?id=1760
For more information, check out "Educators Overcoming Under Stress," a series of videos to support educators and school staff during the COVID-19 pandemic. The full series is available for free on the DMH-UCLA Prevention Center of Excellence learning platform. ***Please note: You will have to sign up for an account before being able to access the trainings.***	

Additional Resources for Educators	
Title/Description	**Link**
Getting Back to School after Disruptions (Positive Behavioral Interventions & Supports) *Resources for making your school year safer, more predictable, and more positive*	https://www.pbis.org/resource/getting-back-to-school-after-disruptions-resources-for-making-your-school-year-safer-more-predictable-and-more-positive
Addressing Racism in the Classroom (NCTSN) *A resource for educators*	https://schoolcounselor.org/asca/media/PDFs/FINAL-Race-and-Trauma-in-the-Classroom-Factsheet.pdf
Teaching Through Trauma (California Educator) *A series of stories that look at how educators are handling students with trauma*	https://californiaeducator.org/2019/08/19/teaching-through-trauma/
Helping Youth after Community Trauma (NCTSN) *Tips for educators*	https://achieve.lausd.net/cms/lib/CA01000043/Centricity/Domain/156/helping_youth_after_community_trauma_for_educators_final_explosions.pdf
School Reentry Considerations (American School Counselor Association)	https://www.schoolcounselor.org/asca/media/asca/Publications/SchoolReentry.pdf

Supporting student social and emotional learning and mental and behavioral health amidst COVID-19	
Back to School After COVID-19 (Mental Health Technology Transfer Center Network) *Supporting student and staff mental health toolkit*	https://mhttcnetwork.org/centers/new-england-mhttc/product/c-tlc-back-school-after-covid-19-supporting-student-and-staff
Countering Coronavirus Stigma & Racism (National Association of School Psychologists) *Tips for teachers and other educators*	https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/countering-coronavirus-stigma-and-racism-tips-for-teachers-and-other-educators
Teaching Tolerance *Affirming Black lives without inducing trauma*	https://www.tolerance.org/the-moment/may-8-2020-affirming-black-lives-without-inducing-trauma?fbclid=IwAR276l4wLsnNCsPdoVl_FjPN-ZTjsPv4t-D9vXwroEGmvDlQi9aOuI7mnP0
Supporting Black LGBTQ Youth Mental Health (Trevor Project) *Tips for educators*	https://www.thetrevorproject.org/wp-content/uploads/2020/06/Supporting-Black-LGBTQ-Youth-Mental-Health.pdf

Additional Resources for Parents	
Title/Description	**Link**
Supporting your child's mental health as they return to school (UNICEF) *How parents can help their children navigate their feelings during school reopenings*	https://www.unicef.org/coronavirus/supporting-your-childs-mental-health-during-covid-19-school-return
'What will a return to school during COVID-19 pandemic look like?' (UNICEF) *What parents need to know about school reopening in the age of coronavirus*	https://www.unicef.org/coronavirus/what-will-return-school-during-covid-19-pandemic-look
Starting a New School Year Following a Summer of Change (Psych Central) *Resources for helping students transition back to school*	https://psychcentral.com/lib/starting-a-new-school-year-following-a-summer-of-change/
Helping Children Cope with Changes Resulting From COVID-19 (National Association of School Psychologists) *Tip for parents on helping children during the COVID-19 pandemic*	https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/helping-children-cope-with-changes-resulting-from-covid-19
Helping Kids Grieve (Sesame Street in Communities) *Tips and resources for parent on helping children who lost a loved one*	https://sesamestreetincommunities.org/topics /grief/

Resources for Youth	
Title/Description	**Link**
Responding to Change and Loss (National Alliance for Grieving Children)	https://www.chesterfield.gov/DocumentCenter/View/15523/NAGC-Activity-Booklet-Responding-to-Change-and-Loss-PDF?bidId=

Activities for children and teens experiencing grief	
Guided Meditations for Teens (Mindfulness for Teens)	http://mindfulnessforteens.com/guided-meditations/
How LGBTQ Youth Can Cope with Anxiety and Stress During COVID-19 (Trevor Project)	https://www.thetrevorproject.org/2020/03/26 /how-lgbtq-youth-can-cope-with-anxiety-and-stress-during-covid-19/
NAMI Resources (NAMI-Urban Los Angeles) *Various local resources for teens and families*	https://www.namiurbanla.org/resources

Additional Resource for LA County Residents	
Title/Description	**Link**
Headspace *Mindfulness and meditation app provided for free to all LA County residents.*	https://work.headspace.com/lacdmhresidents/member-enroll
Wellbeing4LA Learning Center *Trainings to help school staff build confidence in recognizing and responding to the emotional and mental health needs of students and families.*	https://learn.wellbeing4la.org/