Mental Health Resources
Please take a few moments to become familiar with these resources so you can be ready to suggest them to families that are impacted by COVID-19, racial injustice and community violence.

**Children and COVID**
- Child First's COVID-19 Response & Resources

**Infant Mental Health**
- Massachusetts Association for Infant Mental Health

**Trauma**
- Helping Teens with Traumatic Grief: Tips for Caregivers
- Helping School-Age Children with Traumatic Grief: Tips for Caregivers
- Helping Young Children with Traumatic Grief: Tips for Caregivers
- The Power of Parenting: How to Help Your Child After a Parent or Caregiver Dies
- Complex Trauma: Facts for Caregivers (for youth who have experienced multiple traumas)
- Psychological First Aid

**Racial Injustice and Community Violence**
- Racism and Violence: Using Your Power as a Parent to Support Children Aged Two to Five
- Addressing Race and Trauma in the Classroom: A Resource for Educators
- Racial Injustice & Trauma: African Americans in the US: NCTSN Position Statement
- Community Violence: Reactions and Actions in Dangerous Times
- Secondary Traumatic Stress Fact Sheet for Organizations Employing Community Violence Workers
- Helping Youth after Community Trauma: Tips for Educators