



RECENTLY ADDED COVID-19--RELATED BEHAVIORAL HEALTH RESOURCES FOR EDUCATORS, FAMILIES & PROVIDERS

Click on and download the following PDF document containing behavioral health and instructional resources. The PDF document contains six different topics of resources for different user groups (*educators, students, families and behavioral health providers*) to use during the COVID-19 pandemic.

Recently Added Behavioral Health Resources

<https://docs.google.com/document/d/1WT2wVWJmOsBfGfwSjF9xJois--qpK3C006IibJJrPkk/edit?usp=sharing>

Self-Care/Giving Care When Experiencing Trauma & Stress (click on the following link)

https://docs.google.com/document/d/1Xo5Ler0TLJSalaFiSWEHzEGpy5R8i0fDZ_kOZXjvAVA/edit?usp=sharing

Mindfulness Activities for Children (click on the following link):

<https://docs.google.com/document/d/1FRivd2ihLTSSMnuIIZPdtNjuSed49pUtA7mQ7uQqx4U/edit?usp=sharing>

Teleteaching Tips For Parents & Educators (click on the following link):

<https://docs.google.com/document/d/1ctVKNrqe0IpgNbYoHbRfi6fmPmPJBsVljOxIrb1vhfo/edit?usp=sharing>

Addressing Trauma: Online Learning / Webinars (click on the following

link): https://docs.google.com/document/d/1BQBYaybLxlz_h_0C9WmyGBEoW0cxzqm82t0YH4-Rwq4/edit?usp=sharing

Special Education/Positive Behavior Supports: Online Learning / Webinars (click on the following link):

<https://docs.google.com/document/d/1YGOxPts8kOBzagJRVSeUG5RmnoPqt9JjFJlL-ZjsDCA/edit?usp=sharing>

Northwest Mental Health Technology Transfer Center (NW MHTTC)

<https://mhttcnetwork.org/centers/northwest-mhttc/home>