



COVID-19 and Mental Health Resources: For Parents, Caregivers, and Families^{1,2}

For more fact sheets in this series, visit Pacific Southwest Mental Health Technology Transfer Center (PS MHTTC) [COVID-19 and Mental Health Resources](#). For resources and virtual events from across the MHTTC Network, visit [Responding to COVID-19](#).

For Parents and Families

- [Daily Life and Coping](#)
Tips from the CDC on caring for children and pets, running errands safely, creating household checklists, and completing other tasks during COVID-19.
- [Tips for Families: Coronavirus](#)
Links to short articles for parents of young children on topics such as dealing with separation from a child, self-care, and physical distancing (Zero to Three).
- [Supporting Kids During the Coronavirus Crisis](#)
Practical and compassionate parenting strategies to navigate this time. Also available in [Spanish](#) (Child Mind Institute).
- [Resources for Families: COVID-19 Pandemic Response Resources](#)
Variety of fact sheets from the Center for the Study of Traumatic Stress.
- [The Parent Guide to Resilience](#)
WhyTry is offering this guide for free during the pandemic. The guide is designed to help parents build resilience in themselves and their families.
- [The Neighborhood: A Virtual Hub for LGBTQ+ Families](#)
Online events for LGBTQ families and prospective parents (Family Equality).
- [COVID-19: Accessing Critical Medications for Your Loved One](#)
Tips for family members of individuals who are receiving medication-assisted treatment for opioid use disorder (Partnership for Drug-Free Kids).

Talking to Children

- [How to Talk to Your Anxious Child or Teen About Coronavirus](#)
Expert tips from the Anxiety and Depression Association of America (ADAA).

¹ Sources for this list include the [NAMI COVID-19 Resource and Information Guide](#), the [Mental Health and COVID-19 Information and Resources](#), [American Psychological Association Pandemics Webpage](#),

² **Note:** resources do not necessarily reflect the opinions of the Pacific Southwest Mental Health Technology Transfer Center or SAMHSA. Inclusion on this list does not imply endorsement.

- **[Helping Children Cope with Changes Resulting from COVID-19](#)**
Age-appropriate conversation and coping tips for parents from the National Association of School Psychologists, (NASP).
- **[How to Avoid Passing Anxiety on to Your Kids](#)**
Stress and anxiety management tips for parents; not COVID-19-specific (Child Mind Institute).

For Caregivers

- **[COVID-19 and Family Caregiving](#)**
Tips to help caregivers plan and support their loved ones during the pandemic (Caregiver Action Network or CAN). CAN also has a Caregiver Help Desk and other resources at their website.
- **[Care for Caregivers: Tips for Families and Educators](#)**
Self-care to prevent burnout (NASP).
- **[Caring for Someone at Home During COVID-19](#)**
Strategies from the Centers for Disease Control and Prevention (CDC) for those taking care of someone who has coronavirus.
- **[National Alliance for Caregiving](#)**
Support and advocacy resources.

For Families Impacted by Domestic Violence

- **[Safety Planning During COVID-19: Tips from Survivors to Survivors](#)**
Strategies to reduce risk of harm while quarantined. Also available in [Arabic](#), [Chinese](#), [French](#), [German](#), and [Spanish](#) (Sanctuary for Families).
- **[National Domestic Violence Hotline](#)**
1-800-799-7233 or 1-800-799-7233 for TTY. If you're unable to speak safely, you can log on to thehotline.org or text LOVEIS to 22522.

Hotlines, Warmlines, and Support Groups

- **[National Parent Helpline](#)**
Available Monday through Friday, 1 p.m. – 10 p.m. ET / 10 a.m. – 7 p.m. PT / 7 a.m. – 4 p.m. HST. 1-855-4APARENT (1-855-427-2736)
- **[Partnership for Drug-Free Kids Helpline](#)**
Receive regular messages on how to help yourself and your loved ones during the pandemic: text COVID to 55753. If you or a loved one is struggling with increased alcohol use, text REDUCE to 55753 for tips and support.
- **[Online Support Community for Parents & Caregivers](#)**
Partnership for Drug-Free Kids hosts a weekly Zoom meeting for parents (including parents of adult children), with a focus on substance use, treatment, recovery, and relapse.