

## 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](#)

