



National Hispanic and Latino

MHTTC

Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration

## Hispanic and Latino Children and Youth Mental Health Considerations During a Pandemic

### Resources for Children in English

The Story of the Oyster and the Butterfly: Coronavirus and Me: [Corona virus and me by Ana Gomez.pdf](#)

Coping after disaster:

[https://www.cdc.gov/cpr/readywrigley/documents/RW\\_Coping\\_After\\_a\\_Disaster\\_508.pdf](https://www.cdc.gov/cpr/readywrigley/documents/RW_Coping_After_a_Disaster_508.pdf)

Just For Kids: A Comic Exploring The New Coronavirus:

<https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus>

How to Talk to Your Kids About Coronavirus:

<https://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus>

### Resources for Children in Spanish

Cómo sobrellevar los efectos emocionales de un desastre:

[https://www.cdc.gov/cpr/readywrigley/documents/RW\\_Coping\\_After\\_a\\_Disaster\\_508\\_SP.pdf](https://www.cdc.gov/cpr/readywrigley/documents/RW_Coping_After_a_Disaster_508_SP.pdf)

No te veo y sé que estás ahí, coronavirus y también sé que te vas a ir: [No te veo y sé que estás ahí, coronavirus.pdf](#)

Como hablar con tus hijos sobre el Coronavirus:

<https://www.pbs.org/parents/thrive/como-hablar-con-tus-hijos-sobre-el-coronavirus>

### Resources for School Mental Health Providers

National Center for School Mental Health (NCSMH) Coronavirus (COVID-19):

<http://www.schoolmentalhealth.org/COVID-19-Resources/>

Key Messages and Actions for COVID-19 Prevention and Control in Schools (March, 2020): <https://www.who.int/docs/default-source/coronaviruse/key-messages-and->



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[actions-for-covid-19-prevention-and-control-in-schools-march-2020.pdf?sfvrsn=baf81d52\\_4](#)

Complicated Grief: Cultural Considerations When Working with Loss in Hispanic and Latino Students and Their Families: <https://mhttcnetwork.org/centers/national-hispanic-and-latino-mhttc/product/complicated-grief-cultural-considerations-when>

Resources for Supporting Children's Emotional Well-being during the COVID-19 Pandemic: <https://www.childtrends.org/publications/resources-for-supporting-childrens-emotional-well-being-during-the-covid-19-pandemic>

Planning for Virtual/Distance School Counseling During an Emergency Shutdown: <https://www.schoolcounselor.org/asca/media/asca/home/EmergencyShutdown.pdf>

Manage Anxiety & Stress: [https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html?CDC\\_AA\\_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fabout%2F coping.html](https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fabout%2F coping.html)

Simple Activities for Children and Adolescents (The National Child Traumatic Stress Network- NCTSN):

[https://www.nctsn.org/sites/default/files/resources/fact-sheet/simple\\_activities\\_for\\_children\\_and\\_adolescents\\_4.pdf](https://www.nctsn.org/sites/default/files/resources/fact-sheet/simple_activities_for_children_and_adolescents_4.pdf)

Parent/Caregiver Guide to Helping Families Cope With the Coronavirus Disease 2019 (COVID-19):

[https://www.nctsn.org/sites/default/files/resources/fact-sheet/outbreak\\_factsheet\\_1.pdf](https://www.nctsn.org/sites/default/files/resources/fact-sheet/outbreak_factsheet_1.pdf)

Teaching Tolerance: A Trauma-Informed Approach to Teaching Through Coronavirus: [https://www.tolerance.org/magazine/a-trauma-informed-approach-to-teaching-through-coronavirus?fbclid=IwAR03bEATin1ZD2tUDZ3ym87JJvXnvcOcHvg5iPOFF\\_prxuO35xQzsbxdayQ](https://www.tolerance.org/magazine/a-trauma-informed-approach-to-teaching-through-coronavirus?fbclid=IwAR03bEATin1ZD2tUDZ3ym87JJvXnvcOcHvg5iPOFF_prxuO35xQzsbxdayQ)

Resources for Undocumented Immigrants and their Families During COVID-19:

[https://mydocumentedlife.org/2020/03/30/resources-for-undocumented-immigrants-and-their-families-during-covid-](https://mydocumentedlife.org/2020/03/30/resources-for-undocumented-immigrants-and-their-families-during-covid-19)



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[19/?fbclid=IwAR23hYRzSY\\_kVrRN26jVIqi1gD00LCbDb1G5C3x\\_JWmY\\_vHm8--vg2QVZlo](https://www.facebook.com/19/?fbclid=IwAR23hYRzSY_kVrRN26jVIqi1gD00LCbDb1G5C3x_JWmY_vHm8--vg2QVZlo)

### **Additional School Mental Health Resources**

FERPA and Virtual Learning: [www.studentprivacy.ed.gov](http://www.studentprivacy.ed.gov)

ASCA – American School Counseling Association: [www.schoolcounselor.org](http://www.schoolcounselor.org)

School Social Work Net: [www.schoolsocialwork.net](http://www.schoolsocialwork.net)

NAMI – National Alliance for Mental Illness: [www.nami.org](http://www.nami.org)

National Child Traumatic Stress Network: [www.nctsn.org](http://www.nctsn.org)

National Immigration Law Center: [www.nilc.org](http://www.nilc.org)

Houston Immigration Legal Services: [www.houstonimmigration.org](http://www.houstonimmigration.org)

My Undocumented Life: [www.mydocumentedlife.org](http://www.mydocumentedlife.org)

U.S. Citizenship and Immigration Services: [www.uscis.gov](http://www.uscis.gov)

Department of Education – Office of Migrant Education:  
<https://www2.ed.gov/about/offices/list/oese/ome/index.html>