

Adverse Childhood Experiences (ACEs)/ COVID-19 Self-Care Resources



California Surgeon General Dr. Nadine Burke Harris has rolled out [stress playbooks](#) to help manage anxiety related to the pandemic.

The state also has [16 hotlines and text lines](#) if you need mental health services.

| Resources For Parents | Website |
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| 10 Ways to Avoid ACEs (During the Pandemic) | https://www.acesconnection.com/blog/10-ways-to-avoid-aces-during-the-pandemic |
| Helping Children in Emergencies: Keep Your Child’s Developmental Stage and Temperament in Mind | https://www.acesconnection.com/g/california-aces-action/blog/helping-children-in-emergencies-keep-your-child-s-developmental-stage-and-temperament-in-mind |

| Resources For Kids | Website |
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| Wrinkles Doesn’t Like Social Distancing; I Don’t Blame Him Book by Karen Gross | https://www.youtube.com/watch?v=fdwaUCEbhBk&feature=youtu.be |
| Wellness Wednesdays for Kids | https://www.facebook.com/events/s/wellness-wednesday-free-live-m/2716453878608339/ |
| Sesame Street (for Health Emergencies with Families) | https://youtu.be/LBd5CyouR7E |

| Resources For Community/Providers: | Website |
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| Special Transforming Trauma Podcast: How to Stay Emotionally Healthy During the COVID-19 Pandemic with Dr. Heller and Brad Kammer | https://www.acesconnection.com/blog/special-transforming-trauma-podcast-how-to-stay-emotionally-healthy-during-the-covid-19-pandemic-with-dr-heller-and-brad-kammer |
| Taking Care of Our Patients, Our Teams, and Ourselves: Trauma-Informed Practices to Address Stress Related to COVID-19 | https://www.acesconnection.com/blog/taking-care-of-our-patients-our-teams-and-ourselves-trauma-informed-practices-to-address-stress-related-to-covid-19 |
| Mental Health and Coping During COVID-19 - CDC | https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html |