



California State PTA COVID-19 Resources: <https://www.pta.org/home/family-resources/coronavirus-information>

Free COVID-19 Testing in Palo Alto

https://www.cityofpaloalto.org/services/public_safety/plans_and_information/coronavirus/testing.asp

Mandatory Directive on Travel & Quarantine

<https://www.sccgov.org/sites/covid19/Pages/travel-directive.aspx>

Travel is discouraged, especially for non-essential purposes. Travel for leisure or for non-essential business is strongly discouraged and should be postponed until after the current surge in COVID-19 cases and hospitalizations subsides.

Travel involves mixing between regions and households, and because so many areas of the State and United States are also currently experiencing significant surges in COVID-19 cases, travel is discouraged and should be minimized.

Mandatory Quarantine after Long-Distance Travel into Santa Clara County

All persons traveling into Santa Clara County, whether by air, car, train, or any other means, directly or indirectly from a point of origin greater than 150 miles from the County's borders must quarantine for 10 days upon arrival.

[Centers for Disease Control and Prevention Coronavirus \(COVID-19\):](#)

- [Stress and Coping](#)
- [Grief and Loss](#)
- [Helping Children Cope](#)
- [Support for Teens and Young Adults](#)

[COPING-19](#): In partnership with mental health experts, the COPING-19 campaign has gathered resources and tools to help you find a harmony of health for body and mind during these highly stressful times.

[National Child Traumatic Stress Network](#): NCTSN's mission is to raise the standard of care and improve access to services for children recovering from trauma, their families, and communities throughout the United States.

[SAMHSA](#): The Substance Abuse and Mental Health Services Administration (SAMHSA) is the agency within the U.S. Department of Health and Human Services that leads public health efforts to advance the mental and behavioral health of the nation. SAMHSA provides COVID-19 guidance and resources to assist individuals, providers, communities, and states across the country.

[How Right Now](#): How Right Now is a comprehensive, partnership-based communication initiative. The initiative focuses on addressing people's mental health challenges during the COVID-19 pandemic by increasing an individual's coping skills and resilience. How Right Now provides information, strategies, and resources through their website and through a network of over 70 national partner organizations. Also available in [Spanish](#).



Parent/ Student Resources

[Sesame Street: Caring for Each Other](#): This resource is filled with COVID-19 related content that you can use to spark playful learning, offer children comfort, and focus a bit on yourself, too.

[PBS: How to Talk to Your Kids About Coronavirus](#): Find tips and activities to help you play and learn at home!

[Active Minds: Coping and Staying Emotionally Well During COVID-19-related School Closures](#): The impact of a school closure on campuses and students often goes beyond academics; we need to be aware of and prepared to cope with the potential impact these closures will have on the mental health and wellbeing of students, staff, and faculty.

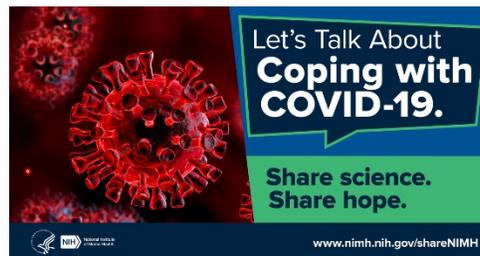
[Supporting Children and Teens During this Holiday Season \(NCTSN\)](#): This printable resource offers parents and caregivers strategies and ideas for supporting children and teens during the holiday season. It provides tips that parents can use to talk to their children and teens about how they are feeling. It also shares tips that families can use to make this holiday season still feel special, including creative ways families can stay connected to loved ones and friends. Ideas for self-care and additional resources are also included.

[Coping in Hard Times: Fact Sheet for Youth High School and College Age \(NCTSN\)](#): This document helps high school students and young adults understand how economic difficulties may affect them and provides suggestions on how they can cope during these highly stressful times.

[The Trevor Project](#): The Trevor Project's TrevorLifeline is a resource for LGBTQ youth that are in crisis, having suicidal feelings, or in need of a safe and judgment-free place to talk.

[Coping After a Natural Disaster \(CDC\)](#): This page provides mental health information and resources for teens affected by natural disasters but may also be useful for coping with a pandemic.

[Supporting Families During COVID-19](#): Tips from the Child Mind Institute that can help parents balance work, childcare, and self-care.



[Managing your Stress in Tough Economic Times](#): Tips from the American Psychological Association to help deal with stress about money and the economy.

[Overcome Sadness with Resources about Mental Health](#): Resources from the American Foundation for Suicide Prevention for students, parents, and educators to recognize the signs of depression and get help.

[Mental Health apps recommended by the U.S. Department of Veterans Affairs](#): These apps equip you with tools and information to assist in managing PTSD-related symptoms and stress, learning to practice mindfulness and strengthening parenting skills.

[Mental Health and Coping during the Coronavirus \(COVID-19\) Pandemic](#): Resources and tools to help you or someone you know deal with stress, cope with grief, speak to children about COVID-19, and support older adults or veterans in staying healthy during the pandemic