## **Youth Mental Health Toolkit**

## Preventing Adverse Childhood Experiences (ACEs):

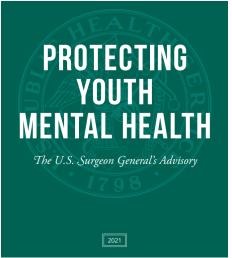
**Leveraging the Best Available Evidence** 



National Center for Injury Prevention and Control
Division of Violence Prevention



tinyurl.com/yaeahnht





tinyurl.com/wjs87snn





tinyurl.com/996zpv3d

## TOOLS FOR SUPPORTING EMOTIONAL WELLBEING IN CHILDREN AND YOUTH

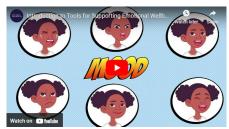
While fewer children and youth have been sick with COVID-19 compared to adults, the COVID-19 pandemic has still had a major impact on their fives. Though by pically recilient to everyday stressors, **children and youth** are **dealing with new challenges due to COVID-19**, like social distancing, changes to their routines, and a

For some children, these challenges are exacerbated by the disproportionate impact of COVID-19 on their communities. Black and Hispanic Americans, in particular, have faced a disproportionate share of COVID-19 cases in the United States, and Black and Hispanic students were less likely to have access to online learning.

Taking a few minutes to anonymously answer some questions will help us better direct you to mental health and wellness resources that might be useful.

I WANT TO ANSWER THE QUESTIONS

I want to skip the questions and go to the resources by myself





tinyurl.com/56fxdnw4



HELPING CHILDREN COPE WITH TRAUMATIC EVENTS



tinyurl.com/3rwhf4k9



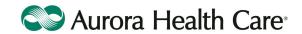


Community Conversations
About Mental Health
Discussion Guide **English**and **Spanish**.



tinyurl.com/58bnb26t





## **Youth Mental Health Toolkit**



How Right Now (CDC) is a communications campaign that provides resources for coping with negative emotions and stress, talking to loved ones, and finding inspiration.



tinyurl.com/juh99r8a



**Play2Prevent** is a repository for evidence-based video game interventions and educational materials geared toward risk prevention and health and wellness promotion, in young people.



tinyurl.com/2zj9uxvr



Protecting Youth Mental Health introduction video



tinyurl.com/3a76ujmt



The "talk they hear you" app is designed to prevent underage drinking and other drug use



tinyurl.com/4je6fkp9



