# COVID-19 and Wellness Control Panel

**CHILDREN AND TEENS/SCHOOLS**

## COVID-19 INFORMATION AND RESOURCES

- **NCRN Resource Link (English)**
- **NCRN Resource Link (Spanish)**
- **CDC Community Levels**
- **Office of Minority Health Resources Toolkit**

## HEALTH AND WELLNESS

- **Mindfulness Moment**
- **5 Things to Know about Stress (English)**
- **5 Things to Know about Stress (Spanish)**
- **Fight Stress with Healthy Habits (Spanish)**

## SCHOOL INFORMATION AND RESOURCES

- **Elementary Schools**
  - **Stand Up to Stress Coloring Book (English)**
  - **Stand Up to Stress Coloring Book (Spanish)**

- **Middle and High Schools**
  - **Alcohol and COVID-19**
  - **Underage Drinking: Myths vs. Facts**

## PARENT INFORMATION AND RESOURCES

- **It's Okay to Ask for Help**
- **Recommendations for people with COVID-19 and Isolation**

## VIDEOS AND FLYERS

- **Managing Psychological Distress during COVID**
- **Counseling and Telehealth**

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