



## COVID-19 Prevention

### Flyers

[NCRN Resource Links](#)  
[NCRN Resource Links- Spanish](#)  
[As Essential As You Are](#)  
[For Your Health, Your Loved Ones and Your Community](#)

## Mental Wellness

### Flyers

[Keep Your Mind Grounded](#)  
[Mindfulness Moments](#)  
[Practice the Pause](#)  
[It's OK to Ask for Help](#)  
[Self-Management for Depression - English](#)  
[Self-Management for Depression - Spanish](#)  
[Relax, Refresh, Reset - English](#)  
[Relax, Refresh, Reset - Spanish](#)  
[Behavioral Health Screening \(PHQ-9\) - Workflow for Dialysis Centers](#)  
[De-Escalation Toolkit](#)

### Videos

[What is Your Choice?](#)  
[Healthy Families](#)



### Videos

[Toolbox of T's](#)  
[Managing Psychological Stress During COVID](#)  
[4-7-8 Breathing](#)  
[How to Prioritize Self-Care](#)  
[Equity In Vaccine Access - English](#)  
[Equity In Vaccine Access - Spanish](#)  
[Equity In Vaccine Access - Samoan](#)  
[Counseling and Telehealth - Series](#)  
[Grief and Loss](#)  
[Schools Engaging Parents in Social Emotional Learning](#)  
[Practicing the Pause](#)  
[Mindfulness Moments](#)  
[It's OK to Ask for Help](#)  
[COVID-19 and Your Resilience](#)



## Bureau of Corrections

### Flyer

[You Are Essential](#)

### Video

[Let's Work Together - Vaccination Video](#)



## Child and Adolescent - Flyers

[As Essential As You Are - Elementary](#)  
[As Essential As You Are - Middle School](#)  
[Be a COVID Warrior](#)  
[Be a Super Friend During COVID-19](#)

## Chronic Conditions - Flyers

[Hypertension on the Body](#)  
[Grown Ups Need Shots Too](#)  
[Kidney Patients Need Certain Vaccines Long](#)  
[COVID on the Body](#)

## Presentations

[Using Motivational Interviewing to Improve COVID-19 Vaccines: Introduction](#)  
[Using Motivational Interviewing to Improve COVID-19 Vaccines- Flyer](#)  
[Using Motivational Interviewing to Improve COVID-19 Vaccines: Practical Application](#)  
[Using Motivational Interviewing Vignettes](#)  
[Psychological First Aid Training](#)  
[Effective Methods to Manage the Traumatic Experience of COVID-19](#)

