

Vallejo City Unified School District
Mental Health and Social Emotional Learning (SEL) Resources
for Educators, Parents, and Children

**Tools for Social Emotional Learning and Mental Health
for Educators**

Online Workshops	Tools	Resources
<ul style="list-style-type: none"> • Tools and strategies to support the mental health of all students during this uncertain time 	<ul style="list-style-type: none"> • Taking a self-compassion break • Self-care menu checklist • Sanvello (CBT) app; https://www.sanvello.com • CBT Thought Record Diary app; https://www.appannie.com/en/apps/ios/app/cbt-thought-record-diary/ • Happify app; www.happify.com • Breathe2Relax app https://psyberguide.org/apps/breathe2relax/ 	<ul style="list-style-type: none"> • Classroom Facilitation Guide for talking about mental health (4th-8th grade) Also available in Spanish • Free Online Therapy • Strategies to Support Student Behavior/Restraint & Seclusion (AB 2657) • Mental Health Information https://www.mentalhealth.gov/

**Tools for Social Emotional Learning and Mental Health
for Parents**

Videos and Stories to Share	Self-Care Tools	Resources
<ul style="list-style-type: none"> • Managing emotions and building structure at home during COVID-19 • Story for kids 7 and under about COVID-19 (in 22 languages) • Ways to Support during COVID-19 closures • Coronavirus Took Kit from American Academy of Child and Adolescent Psychiatry 	<ul style="list-style-type: none"> • Taking a self-compassion break • Self-care menu checklist • Sanvello (CBT) app; https://www.sanvello.com • CBT Thought Record Diary app; https://www.appannie.com/en/apps/ios/app/cbt-thought-record-diary/ • Happify app; www.happify.com • Breathe2Relax app; https://psyberguide.org/apps/breathe2relax/ 	<ul style="list-style-type: none"> • National Suicide Prevention Lifeline - 24/7 suicide prevention hotline staffed by crisis specialist 1-800-273-8255 1-800-628-9454 for Spanish • Lifeline for Deaf & Hard of Hearing 1-800-799-4889 • Crisis Text Line: Text EMM to 741741 • Emergency housing, food, and support call 211 or visit 211.org

	<ul style="list-style-type: none"> • pps/breathe2relax/ • General recommendations for parents supporting social, emotional, and behavioral needs: 	<ul style="list-style-type: none"> • Solano Trauma Recovery Center hotline (707) 603-9065 www.solanotrc.org • Free Online Therapy • Solano County and Bay Area resources for mental health support • Youth and Parent hotline for mental health, financial, and housing crisis • California Dept of Public Health: Adolescent Family Life Program (707) 421-2750 • Aldea Child and Family Services (707) 425-9670 www.aldeainc.org • Long and short term mental health and behavioral support from SENECA Family of Agencies • Mental Health Information https://www.mentalhealth.gov/
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Tools for Social Emotional Learning and Mental Health for Children

Games and Activities	Calming Apps	Resources
<ul style="list-style-type: none"> • BINGO for Calm and Connection: Do fun connection activities to earn a mark on your bingo card • Coping during Coronavirus reflection and planning guide • Activities for Anxious Kids 	<ul style="list-style-type: none"> • Calming and Mindfulness Apps for Kids 	<ul style="list-style-type: none"> • Youth and Parent hotline for mental health, financial, and housing crisis • Youth Crisis Hotline 1-800-843-5200 • Crisis Text Line: Text EMM to 741741 • National Sexual Assault Hotline: 1-800-656-HOPE • California Dept of Public Health: Adolescent Family Life Program (707) 421-2750 • TrevorLifeline 24/7 • <i>Crisis Line for LGBTQ+ youth</i> 1-866-488-7386 Text "Start" to 678-678

