



Mental Health Resources and Guides for the Trainer

- Healing and Resilience: An Activity Book for Latino Children Impacted by Deportation.
Recuperación y Resiliencia: Un Libro de Actividades para Niños Latinos Impactados por la Deportación.
English: <https://asistahelp.org/wp-content/uploads/2019/07/Family-Forever-An-Activity-Book-for-Latino-Children-or-Caregiver.pdf>
Espanol: <http://www.childrenspsychologicalhealthcenter.org/wp-content/uploads/2014/11/Recuperacio%CC%81n-y-Resiliencia%E2%80%94Un-Libro-de-Actividades-para-Nin%CC%83os-Latinos-Impactados-por-la-Deportacio%CC%81n%E2%80%94Espan%CC%83ol.pdf>
- Capacitar workbook: <https://capacitar.org/wp-content/uploads/EngCapEmergKit.pdf>
- Mental Health Resources for Undocumented Individuals <https://immigrantsrising.org/resource/mental-health-resources-for-undocumented-people/>
- Immigrant Health Toolkit <https://doi.org/10.1542/peds.2019-2077>

Mental Health Resources and Guides for Immigrant Communities

- Healing and Resilience: An Activity Book for Latino Children Impacted by Deportation. Recuperación y Resiliencia: Un Libro de Actividades para Niños Latinos Impactados por la Deportación.
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- Crisis Resources | Recursos de Crisis: Crisis lines for emergencies related to mental health. Accessible to the public and is specifically curated to the 805 area. Líneas de emergencia para la Salud Mental. Accesible para el público y en específico en las áreas de 805.
[Crisis Resources | Recursos de Crisis](#)
- Talking to Children and Adolescents about Traumatic Events. Hablando con Niños y Adolescentes sobre Eventos Traumáticos.
English: <https://www.nimh.nih.gov/sites/default/files/documents/health/publications/helping-children-and-adolescents-cope-with-disasters-and-other-traumatic-events/helping-children-and-adolescents-cope-with-traumatic-events.pdf>
Spanish: <https://www.nimh.nih.gov/sites/default/files/health/publications/espanol/como-ayudar-los-ninos/C%C3%B3mo-ayudar-a-los-ni%C3%B1os.pdf>
- Tapping for children:
[Tapping for children for trauma - spanish](#)
- Mental Health Directory:
 - <https://unitedwedream.org/our-work/undocuhealth-wellness/mental-health-directory/>
 - <https://latinxtherapy.com/>
 - <https://www.therapyforlatinx.com/>
 - <https://openpathcollective.org/>