



KIM JOHNSON
DIRECTOR

STATE OF CALIFORNIA—HEALTH AND HUMAN SERVICES AGENCY
DEPARTMENT OF SOCIAL SERVICES
744 P Street • Sacramento, CA 95814 • www.cdss.ca.gov



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CalWORKs Resource Guide: Coping with COVID-19

This guide provides online resources for coping with COVID-19, with an emphasis on emotional and mental health. It is intended to aid County Welfare Departments (CWDs) in supporting California Work Opportunity and Responsibility to Kids (CalWORKs) Welfare-to-Work (WTW) program clients and CWD staff. As COVID-19 mitigation strategies result in more online and distance learning opportunities, CWDs are encouraged to continue to engage and support WTW clients and county staff.

Federal and State of California Guidance

[California Department of Public Health - COVID-19 Women and Families \(Client Resource\)- Maternal, Child and Adolescent Health Division \(Spanish\)](#)

-Provides various resources related to protecting families during COVID-19 including, but not limited to, household preparations, what to do if you are sick, and running essential errands.

[CA.gov- Resources for Emotional Support](#) Provides 24-hour resource lines for managing stress, safety and well-being pertaining, but not limited, to COVID-19. Available to all Californians.

[CDC-Pandemic Preparedness Resources](#) The Center for Disease and Control (CDC) offers resources for pandemics and illnesses, including guides, testing sites and information regarding combating diseases and pandemics.

[CDC-Mental Health and Coping During A Pandemic](#) A CDC guide on stress management for adults, children and families.

Center on the Developing Child - Harvard University Resources

A Special Series on COVID-19 developed by Harvard University Center on the Developing Child that explores the effects of a pandemic on the brain, COVID-19 [Resources](#).

[The Brain Architects COVID-19 Special Edition Podcast: A Different World](#) Center Director, Jack P. Shonkoff, MD discusses the COVID-19 pandemic in the context of early childhood development.

[Thinking About Racial Disparities in COVID-19 Impacts Through a Science-Informed, Early Childhood Lens](#) Jack P. Shonkoff, M.D. and David R. Williams, Ph.D. discuss important questions related to the COVID-19 impact on people of color.

[Toxic Stress](#), [A Guide to Toxic Stress](#) and [Stress, Resilience: How Toxic Stress Affects Us, and What We Can Do About It](#) Articles regarding the impacts of toxic stress, the brain and how to identify, cope and manage during times of crisis.

Other Resources

The National Child Traumatic Stress Networks provides resources related to [child trauma during public health emergencies](#).

[Guidance, recommendations and resources](#) provided by the child trauma experts at Child Trends and the Child Trauma Training Center at the University of Massachusetts. This information centers on supporting children's emotional well-being during the pandemic.

[Updates and Inspirations during a Pandemic](#) from the Family Independence Initiative, an organization focused on building and investing in low-income families.

The [National Alliance on Mental Illness](#) website has COVID-19 Resource and Information Guides. The resources contain fact-based COVID-19 information while dispelling myths.

An in depth view of normal of life and the unexpected stress of a pandemic in [The effects of toxic stress on the Brain and Body](#). Exploring unknown stressors that occur during unexpected events.

The Washington Post explores [How the Coronavirus will change our lives forever](#) after the pandemic – from music to politics to medicine. Inside Higher ED interviews college students and faculty facing unforeseen struggles and obstacles in [Coping with a Pandemic](#).

A guide from Medical News Today on [How to Look After Your Mental health during a Pandemic](#).