

This resource list does not constitute legal advice. The list attempts to summarize resources available for MEP Staff, Educators, Community Members, Parents, and Students surrounding Immigrants. If you have a legal problem, please contact an attorney or advocate.

Supporting Immigrant Students - Mental Health

Audience	Helping Children and Youth Cope With Stressful Events	Read More Link(s)	Languages
Parents MEP Staff Educators	<ul style="list-style-type: none"> REMAIN CALM AND REASSURING KNOW HOW THEY REACT TO STRESS MAKE TIME FOR ANSWERING THEIR QUESTION LIMIT EXPOSURE TO THE NEWS KEEP FAMILY ROUTINES & BE FLEXIBLE ENCOURAGE THEM TO STAY CONNECTED KNOW WHEN AND WHERE TO SEEK HELP 	https://www1.nyc.gov/assets/olr/downloads/pdf/welness/mentalhealth/helping-children-and-youth-cope-with-stressful-events.pdf Source: The New York Immigration Coalition	English

Audience	Trauma: Brief Facts and Tips for Children and Adults	Read More Link(s)	Languages
Parents MEP Staff Educators	<ul style="list-style-type: none"> Trauma is a serious problem. Trauma can have a lasting impact. Common Reactions to Trauma. Warning Signs. Signs of Strong Emotional Reactions. There is help available. 	https://www.nasponline.org/Documents/Resources%20and%20Publications/Handouts/Safety%20and%20Crisis/Brief%20Trauma%20Tips%20English-Spanish_June_2016.pdf Source: The New York Immigration Coalition	English Spanish

Audience	Mental Health Resources for Educators	Read More Link(s)	Languages
Educators MEP Staff	Educators play a critical role in the success of students, not just academically, but socially and emotionally as well. Knowing how to recognize the signs of crisis, emotional trauma and other related mental health issues is critical. The links in this document include useful resources for individuals and/or organizations with an interest in learning the signs of mental illness and how a school can help.	https://safeschools.ny.gov/sites/default/files/Mental%20Health%20Resources%20for%20Educators.pdf Source: The New York Immigration Coalition	English

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<p>Educators</p> <p>MEP Staff</p>	<p>As a network, we must address the mental health of our community and transform it with love.</p> <p>The UndocuHealth Project Toolkit was designed to alleviate not only the stress and anxiety of folks across the nation and keep ours families secure, but also to give the reader tools that will allow them to conduct safe zone events and incorporate stress reducing activities within their community work and daily lives.</p>	<p>http://defenddaca.com/resources/mental-health-toolkit/?link_id=1&can_id=c3ff479951589ac20904c105f12dffe6&source=email-tonight-community-call-2&email_referrer=tonight-community-call-2&email_subject=hey-we-have-your-back</p> <p>Pdf version: https://indd.adobe.com/view/37c4310a-4f0e-42fa-b276-ff9d897969c2</p>	<p>English</p>