

# NYC Early Childhood Mental Health Network

## TTAC COVID-19 Resources

TTAC's COVID-19 Resource Guide contains some helpful tips, strategies and resources for your work with children and families.

Visit: [bit.ly/TTAC-COVID19-Guide](https://bit.ly/TTAC-COVID19-Guide)

TTAC's COVID-19 Self-Care Guide contains important self-care tips, strategies and resources for child serving professionals.

Visit: [bit.ly/TTAC-SelfCare](https://bit.ly/TTAC-SelfCare)

TTAC's COVID-19 Loss & Grief Resource contains insight on how children 0-5 years of age deal with grief and provides strategies for families & child serving professionals to support children dealing loss.

Visit: [bit.ly/TTAC\\_LossGrief](https://bit.ly/TTAC_LossGrief)

OHEL's My Covid-19 Resilience Workbook For ages 5-10  
Help children develop hope and resilience

Visit: <https://www.ohelfamily.org/workbook/>