



## COVID-19 Prevention

### Flyers

- [NCRN Resource Links](#)
- [NCRN Resource Links- Spanish](#)
- [As Essential As You Are](#)
- [For Your Health, Your Loved Ones and Your Community](#)

### Video

- [What is Your Choice?](#)
- [Healthy Families](#)



## Mental Wellness

### Flyers

- [Keep Your Mind Grounded](#)
- [Mindfulness Moments](#)
- [Practice the Pause](#)
- [It's OK to Ask for Help](#)
- [Self-Management for Depression - English](#)
- [Self-Management for Depression - Spanish](#)
- [Relax, Refresh, Reset - English](#)
- [Relax, Refresh, Reset - Spanish](#)
- [Behavioral Health Screening \(PHQ-9\) - Workflow for Dialysis Centers](#)
- [De-Escalation Toolkit](#)

### Videos

- [Toolbox of T's](#)
- [Managing Psychological Stress During COVID](#)
- [4-7-8 Breathing](#)
- [How to Prioritize Self-Care](#)
- [Equity In Vaccine Access - English](#)
- [Equity In Vaccine Access - Spanish](#)
- [Equity In Vaccine Access - Samoan](#)
- [Counseling and Telehealth - Series](#)
- [Effective Methods to Manage the Traumatic Experience of COVID-19](#)
- [Grief and Loss](#)
- [Schools Engaging Parents in Social Emotional Learning](#)
- [Practicing the Pause](#)
- [Mindfulness Moments](#)
- [It's OK to Ask for Help](#)
- [COVID-19 and Your Resilience](#)



## Bureau of Corrections

### Flyer

- [You Are Essential](#)

### Video

- [Let's Work Together - Vaccination Video](#)



## Child and Adolescent - Flyers

- [As Essential As You Are - Elementary](#)
- [As Essential As You Are - Middle School](#)
- [Be a COVID Warrior](#)
- [Be a Super Friend During COVID-19](#)

## Chronic Conditions - Flyer

- [Hypertension on the Body](#)
- [Grown Ups Need Shots Too](#)
- [Kidney Patients Need Certain Vaccines](#)
- [Long COVID on the Body](#)

## Presentations and Trainings

- [Using Motivational Interviewing to Improve COVID-19 Vaccines: Introduction](#)
- [Using Motivational Interviewing to Improve COVID-19 Vaccines- Flyer](#)
- [Using Motivational Interviewing to Improve COVID-19 Vaccines: Practical Application](#)
- [Using Motivational Interviewing Vignettes](#)
- [Psychological First Aid Training](#)

