



COVID-19 Resources for Mentors

We will be updating this list of resources to support you and your mentee during COVID-19. As always, let FFY staff know if your mentee or their family needs resources or a referral to services.

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COMMUNITY RESOURCES

1. View our [WHY Initiative's resource guide](#) for Redwood City here.
2. Redwood City PAL <https://redwoodcitypal.org/>
3. Siena Youth Center
<https://stfrancisrwc.org/services-programs/siena-youth-center/>

HEALTH & WELLNESS

4. If your mentee is feeling sad or nervous, you can suggest they try Onyourmind.net, a teen chat hosted by Star Vista. Chat Hours: [On Your Mind Teen Chat](#)
5. [Star Vista](#) also hosts the 24/7 Crisis Line. Parents, youth, and adults can call to get immediate assistance, advice, & resources: (650) 579-0350
6. Especially during difficult times, it's important to have conversations about mental health. May is Mental Health Awareness Month and San Mateo County is hosting virtual events all month. Check out their [calendar here!](#)
7. [San Mateo County Resources](#)
8. [Santa Clara County Resources](#)
9. Make time for your self-care with [Calm's free YouTube channel](#). Try out short videos like the [Breathe Bubble](#) or nature sounds with your mentee. If they feel good after, encourage them to use it on their own!



10. [Common Sense Media](#) has great resources for online activities and learning:
 - a. Apps for managing stress: [Helping Your Family De-Stress](#)
 - b. Learning activities and tools: [Wide Open School](#)
11. Want to learn more about how mentors can support youth mental health? Register for this [webinar](#) hosted by MENTOR.
12. Another for you! [Such a simple morning practice of self-love](#) offered by Dr. Shauna Shapiro, author and psychology professor at Santa Clara University.
13. May it Mental Health Awareness Month! Check out San Mateo County [calendar of mental health events](#) to see if there's something you and your mentee can do together.
14. For mental health tips, check out this list of [COVID-19 coping strategies](#) compiled by a clinical psychologist.
15. Learn specific mental health advice for COVID-19 anxiety by exploring this [website](#) by the mindfulness app, Shine.
16. What does self-care look like for teens? Check out [amazing advice from teen leaders](#) in HAP-Y (Health Ambassador Program-Youth)

EDUCATION

17. Here's some fun [educational apps](#) for your mentee to stay engaged in the home stretch of school!
18. Is your mentee **interested in tutoring to help them finish the school year strong**? Our local libraries are partnering with BrainFuse Help Now to offer virtual tutoring! Watch [this video](#) to learn more. They will need to apply for a free Library ecard via: [Santa Clara County Library District](#) or [San Mateo County Library District](#). Walk them through the process and encourage them along the way. Let us know if they reach any roadblocks.
19. In addition to our local libraries' **tutoring resources**, [Khan Academy](#) offers user-friendly tutorials for students.



MENTORING

20. Watch this video on "[How to Talk to Kids About the Coronavirus](#)" by Dr. Jamie Howard of the Child Mind Institute.
21. [Supporting Kids During the Coronavirus Crisis](#)
22. [Just For Kids: A Comic Exploring The New Coronavirus](#)
23. Checklist for building relationships: [Search Institute COVID-19 Checklist](#)
24. Mentoring tips for the COVID19 pandemic: [Connection in a Time of Social Distancing](#)
25. Here are our top conversational tips for [checking in on your mentee!](#)
26. We also made a list of [fun conversation starters](#) to keep your phone calls entertaining!
27. Looking to improve your Zoom skills? Browse [Zoom's YouTube tutorials](#) to learn more.
28. For more activity inspiration, check out Camp Galileo Anywhere! They're sending out free activities every week like this [innovation activity](#). No need to print it... you can walk your mentee through the prompts on video chat. All they need is a pen and paper!
29. Building relationships with youth can be tricky, especially when one or both of you is feeling tired or stressed. That's why we are *always* reflecting and learning. Try this [Relationship Check Up Quiz](#) by Search Institute to see where you shine and where you can grow.