

# Supporting Immigrant Youth and Families in LA County

This guide provides essential resources for professionals supporting immigrant youth and families, including shareable tools, training opportunities, and self-care strategies. It is designed to empower families, enhance professional practice, and sustain your own wellbeing.

## General Resources for Youth & Families

### Resources for Providers

### Resources for Educators

### Taking Care of Yourself

## Crisis Resources

### Hotlines

- **Crisis Text Hotline:** Text HOME to 741741
- **Report ICE Activity:** Call or Text (415) 715-9990 (PaseLaVoz, free and confidential)
- **Call 211 to speak to someone immediately.**

### Immigration Resources & Legal Assistance

#### ▶ State Resources

- **California Department of Justice - Office of Immigrant Assistance:** (800) 952-5225
- **California Department of Social Services (CDSS) - Immigration Services Unit:** (916) 651-8017; email: [ImmigrationServices@dss.ca.gov](mailto:ImmigrationServices@dss.ca.gov)

#### ▶ National & Regional Organizations

- **Agents of Change Civil Rights Advocacy Initiative:** (888) 462-5211
- **CHIRLA (Coalition for Humane Immigrant Rights):** (888) 624-4752
- **ACLU Southern California:** Legal intake: (213) 977-5253  
Jails project intake: (213) 977-9543  
Media inquiries: (213) 977-5252  
Main phone line: (213) 977-9500

### Free & Low-Cost Legal Assistance

- California Rural Legal Assistance Foundation (CRLAF): (916) 446-7904
- ILRC - Immigrant Legal Resource Center
- Law Help CA - Immigration Assistance
- Legal Aid Foundation of Los Angeles: 800-399-4529



For more resources visit  
[wellbeing4la.org/immigration](http://wellbeing4la.org/immigration)



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## General Resources for Youth & Families

### **We Have Rights**

Short videos demonstrating what to do in different situations, for example if Immigration & Customs Enforcement (ICE) arrives at the door, is inside the home, approaches on the street, and if one is arrested. This is an empowerment campaign to prepare for and safely defend rights during encounters with ICE.

### **Immigrant Legal Resource Center (ILRC) Community Resources**

A searchable list of available resources that bring clarity to complicated immigration issues. Resources include a wide range of downloadable tools produced for diverse audiences, from experienced advocates to directly impacted community members seeking answers about the complex world of immigration law.

### **ILRC Know Your Rights Toolkit**

A collection of materials created to educate the community and prepare individuals for possible encounters with immigration authorities. This toolkit includes specific information on knowing your own rights, legal resources, family plans, and more.

### **ILRC Step-By-Step Family Preparedness Plan**

A fillable and printable plan that goes into detail about different childcare options available in case of an absent parent, where to find trusted immigration services in your community, and how to prepare to assert your constitutional rights in the presence of an immigration officer. Available in English and Spanish.

### **Neighborhood Legal Services of Los Angeles County (NLSLA)**

[Fillable form for Family Preparedness Plan](#)

[Fillable form for Child Information as part of the Family Preparedness Plan](#)

### **Know Your Rights & Family Preparedness Video (Informed Immigrant)**

All immigrants, undocumented and documented, in the U.S. have certain rights under the Constitution. Learn about your rights and how your family can best prepare for an encounter with immigration enforcement by watching this child-narrated explainer video.

### **Know Your Rights App (Informed Immigrant and NAKASEC)**

This Know Your Rights app, from NAKASEC, can read your rights out loud to an ICE or law enforcement agent and send a message to an emergency contact. It also includes other resources, such as the ability to look up a consulate and a sample family preparedness plan. The app is available in 16 languages, primarily Asian languages, and includes Spanish, Haitian Creole, and Russian.

### **Undocumented Youth Resources (Youth Development Department-City of LA)**

Tipsheet for undocumented youth highlighting Los Angeles-specific resources including legal, educational, work, and family resources. Also includes a list of Emergency Hotlines and several educational-specific resources for educators and students (K-12 and higher ed). Available in several languages.

### **Youth Justice Team (Bay Area Legal Aid)**

Tipsheets specifically for youth encountering law enforcement focused on knowing their rights to best protect themselves. Police or ICE often assume young people don't know their rights and try to take advantage of that. This is especially true if you are a black or brown youth, who are more often mistreated by law enforcement.

### **Tough Topics for Kids: Family Separation (Colorín Colorado)**

Books for youth across age-groups that address tough topics like family separation, incarceration, and deportation. Books are a great tool for helping kids make sense of hard realities and open the dialogue around how they may be feeling about their own personal experiences. Some available in different languages.

## **When Children Are Afraid of a Parent's Deportation** (University of Minnesota Institute for Child Development)

### **Spanish Version**

As immigration enforcement orders intensify, many children are afraid of being separated from their parents and other loved ones. This document, prepared by child mental health professionals, describes steps that immigrant and refugee families can take to support their children's resilience and healthy relationships during this frightening time. Available in English and Spanish.

## **Navigating ICE Presence in Schools: Essential Information for Families** (KQED)

Article written for families about what they should know about ICE in schools, how to talk to kids about ICE raids, and what kind of information to share. Resources for legal and other supportive immigration related resources are also linked throughout the article.

## **Real or Rumor: How to Verify Online Reports of ICE Raids**

### **(WITNESS Online Resource Library)**

Misinformation about ICE raids heightens fear and uncertainty in immigrant communities. Together with United We Dream, WITNESS created this resource to help guide folks to make the content they post easier to verify, as well as help people verify online posts of raids and immigration enforcement activity before pressing the share button. Also available to download in Spanish, Arabic, and French.

## **Eyes on ICE** (WITNESS Online Resource Library)

Online resource collection that covers how to safely, ethically, and effectively film abuses against immigrants from ICE agents, Border Patrol, and others through in-person trainings, tip sheets, case studies, videos, and more.

## **Public Counsel Immigration Resources**

A hub for immigration-focused resources that aim to help individuals, families, service providers, and advocates understand key rights and protections in immigration-related encounters, including language to use, navigating Wellness Checks, and registration requirements for non-citizens. Available in English and Spanish.

## **Together for Wellness: Immigrant Support Resources**

Resource Finder which includes Know Your Rights and Immigrant videos and hotlines. Available in English and Spanish.

## **ACLU - Immigrants' Rights**

A list of constitutional rights, regardless of immigration status, and how to express them.

## **Support Resources for Immigrant Families in L.A. County**

### **(LA Best Babies Network)**

A continually updated page of resources for immigrant families in LA County, which includes details on upcoming webinars, citizenship clinics, DACA renewals events, how to access legal services, grocery delivery, and much more.

## **Immigration Enforcements Guide for Students and Families** (LACOE)

### **Spanish Version**

This guide helps prepare families regarding immigration conditions and offers resources throughout LA County.

## **Talking to Your Kids Guide** (Corazón Norte)

### **Spanish Version**

A tipsheet for how to talk kids about family preparedness.

## **BrightLife Kids** (CalHOPE Program)

BrightLife Kids is a CalHOPE program designed to offer coaching and guidance to families living in California with children of the age group 0-12. Their coaching services assist families in communication and problem solving as well as assist kids in managing their feelings.

## **Soluna** (CalHOPE Program)

Soluna is a wellbeing app designed to offer coaching, tools, peer connections, and care navigation for teens and young adults aged 13-25 in California. The app is free and confidential for individuals looking for support related to their wellbeing and mental health.

## **List of California School-Based Health and Wellness Centers** (California School-Based Health Alliance)

This website provides a list of California School-Based Health and Wellness Centers. These centers are student-focused and can offer services such as primary medical care, behavioral health services, or dental care services.

## **How to help kids cope with ongoing ICE raids, deportations** (EdSource) **Spanish version**

This Quick Guide notes ways families can prepare and help their kids cope with ICE raids and deportations.

## **Lawfully Know Your Rights**

Lawfully's Know Your Rights is designed to support immigrant families and communities. This app provides essential guidance on staying informed, prepared, and protected. On the app, you can learn what to do if you or someone you know is at risk of detention, and ensure you understand your rights. Stay calm, stay aware, and share this vital information with your loved ones.

## **Los Angeles Councilwoman Heather Hutt, 10th District**

The office of Councilwoman Heather Hutt provides various immigration resources from hotlines, legal services, legal clinics, and rapid response numbers.

## **The Coalition for Humane Immigrant Rights (CHIRLA)**

CHIRLA's website provides information on how to know your rights and avoid detention. It provides tips on how to stay safe as well as information that the entire family should have with them, including documents that may be important to prepare in case of an emergency.

## **The American Federation of Labor and Congress of Industrial Organizations** (AFL-CIO)

AFL-CIO provides resources to help union members know their rights and ensure they are prepared to defend themselves and the immigrant members of their families and communities in the event of workplace or community raids.

## **Informed Immigrant**

Informed immigrant provides information and resources on various topics such as new immigration registration, how to find an immigration lawyer, your rights, DACA Renewals, and much more.

## **Immigrants are Los Angeles**

Immigrants are Los Angeles helps with navigating the vast array of available resources on immigrant rights and created this centralized Resources Hub.

## **We Are One L.A. Unified - Resources - Video Library** (LAUSD)

LAUSD provides families with a digital library of various webinars concerning their legal rights, preparation for uncertain times, and other immigration related resources.

## **[Los Angeles Regional Food Bank – Find a Local Food Pantry](#)**

The Los Angeles Regional Food Bank provides individuals with a "Pantry Locator" on their website. Through this website, individuals can enter their address to find a local food pantry in their area.

## **[YMCA FeedLA – Distribution Locations and Schedule](#)**

The YMCA of Metropolitan Los Angeles hosts the FeedLA Program, a resource open to anyone in need. FeedLA provides home grocery deliveries, hot to-go meals, and more at no cost. A list of their distribution locations, dates, and times may be found on this website.

## **[National Alliance on Mental Health \(NAMI\) – Family Support Groups](#)**

The National Alliance on Mental Health (NAMI) hosts peer-led support groups for individuals and their families facing mental health challenges. To find a NAMI Family Support Group near you, please visit this website.

## **[Resource Programs \(Dream Center\)](#)**

The Dream Center is a resource center dedicated to support individuals facing hunger, homelessness, and more. The Center hosts Resource Programs to provide education, meals, fitness to communities.

## **[Food Programs \(Los Angeles County Parks and Recreation\)](#)**

The Los Angeles County Department of Parks and Recreation offers food programs for youth, teens, and seniors. Their food programs provide free meals, snacks, and nutrition programs at multiple parks throughout the county.

## **[World Harvest](#)**

World Harvest Charities and Family Services is an organization providing food and services to individuals facing food insecurity in Los Angeles County. Some of their programs include community grocery distribution and food voucher programs.

## **[New American Centers \(Los Angeles Public Library\)](#)**

The Los Angeles Public Library offers free on-site immigration and naturalization services at their New American Centers.

## **[Asian Americans Advancing Justice](#)**

Asian Americans Advancing Justice Southern California is dedicated to support Asian American and Pacific Islander communities in need. Through their Immigration webpage, they offer immigration resources such as Know Your Rights and Immigration Relief Eligibility Screenings in languages such as Chinese, Korean, Tagalog, and more.

## **[CARECEN – Central American Resource Center](#)**

The Central American Resource Center of Los Angeles provides low-cost immigration legal services, immigration integration programs, and advocacy for immigrant communities.

## **[Immigrant Legal Services \(Los Angeles LGBT Center\)](#)**

The Los Angeles LGBT Center leads an Immigration Law Project dedicated to provide legal services and holistic support to members of the LGBTQ+ community. Legal services are available at multiple centers in Los Angeles.

## **[Immigration Center for Women and Children –ICWC](#)**

The Immigration Center for Women and Children provides Social Worker Services for individuals ranging in a number of areas, including socio-emotional support, referrals, and case management.

## **Immigration Services** (Catholic Charities of Los Angeles)

The Catholic Charities of Los Angeles offers legal services to individuals including adjustment of status applications, naturalization services, DACA applications, and more.

## **Support Resources for Immigrant Families in L.A. County** (LA Best Babies Network)

A list of resources that can help immigrant families.

## **Find help: Immigrant Family Resources** (First 5 California)

A list of gathered resources that assist affected families on a multitude of immigration and stress/trauma-related topics.

## **Understanding mental health: a guide for immigrants** (USA Hello)

Created by USAHello, this guide introduces mental health definitions and terms for immigrants to understand what they may be feeling.

## **International Institute of Los Angeles**

A list of curated resources for affected families.

## **ACLU**

This video provides tips and information for what to do if you are stopped by immigrant agents or the police.

## **Immigration Resources** (The City of Long Beach)

The City of Long Beach has created a resource page for immigrant communities. This page allows individuals to access community organizations in the area as well as the Long Beach Justice Fund, dedicated to support legal representation for immigrants.

## **Resources** (Immigration Center for Women and Children -ICWC)

The Immigration Center for Women and Children's Resource webpage features various informational videos and flyers for individuals to access.

## Resources for Providers

### **Familial Trauma: An Immigration Journey** (UCLA Prevention Center of Excellence)

This training explores the immigration journeys of families and individuals, and seeks to understand the impacts of trauma on immigrant communities, as well as the unique challenges and barriers faced by them. It also outlines best practices to support immigrant populations while recognizing their existing strengths and resiliencies.

### **Sana Sana Peer Support Referral Form** (Maternal Mental Health Now)

Maternal Mental Health NOW has an online, Sana Sana Peer Support Referral Form to be able to refer a pregnant/newly parenting caregiver for immediate support and referrals—this can include families who are impacted by the recent immigration stress.

### **Supporting Young Children Affected by Family Separation Policies** (Zero to Three)

This resource center is designed for early childhood development professionals working with families affected by deportation, forced separation, or the challenges of mixed-status households. It provides trauma informed guidance, tools, and connections to help professionals support the unique developmental and emotional needs of young children and their caregivers.

### **Resources Related to Refugee and Immigrant Trauma** (National Child Traumatic Stress Network)

A list of existing NCTSN resources related to traumatic separation, refugee and immigrant trauma, and best practices in trauma informed care for refugee and immigrant children and families. Includes fact sheets, webinars, and resource guides, offering information and suggestions for helping refugee and immigrant children who experience traumatic separation from a caregiver, who are unaccompanied when they cross the border into the United States, or who have experienced violence and trauma in their home countries.

### **Supporting the Wellbeing of Immigrant Children - Resources for Pediatricians** (American Academy of Pediatrics)

The following resources were compiled to assist pediatricians with supporting the health and wellbeing of immigrant children. These resources address common issues related to: 1) Mental and Emotional Health 2) Talking with Children 3) Immigration Status and Family Separation 4) Community Resources 5) Advocacy

### **Health Care and U.S. Immigration Enforcement: What Providers Need to Know** (Physicians for Human Rights and National Immigration Center)

This guide, produced by Physicians for Human Rights and the National Immigration Law Center, was developed with extensive input from health care professionals, legal experts, and advocates committed to protecting patient rights.

### **Everyone Belongs Here**

This resource was created and is maintained by a coalition of healthcare providers to support healthcare professionals working with immigrant families. Its goal is to provide an accurate, up to date, and easily navigable source of information on immigration policy, its effects on health, and best practices for those working in healthcare. All resources have been vetted and the list is frequently updated; includes resources for families.

### **Toolkit: Protecting Immigrant Families Facing Deportation** (Children Thrive Action Network)

This toolkit helps service providers, educators, and community members speak out against immigration enforcement that harms children in immigrant families and helps parents, service providers, educators, and community members protect families at risk of being torn apart by aggressive immigration enforcement.

## **[Guidelines for Child Welfare Agencies to Prepare for Immigration Enforcement](#)** (The Center on Immigration and Child Welfare)

Tips for child welfare agencies preparing for or dealing with immigration enforcement that impacts their clients and communities.

## **[A Toolkit for Organizations Responding to Mass Worksite Immigration Raids](#)** (Tennessee Immigrant and Refugee Rights Coalition & National Immigrant Law Center)

An emergency toolkit for responding when ICE conducts a worksite raid.

## **[United We Dream](#)**

A one-stop hub for resources on DACA and all things immigration.

## **[Talking Trauma with Young Children \(Zero to Three\)](#)**

Zero to Three's webinar titled, Talking Trauma with Young Children, presents a conversation between Dr. Renee Boynton-Jarrett, MD and Dr. Chandra Ghosh Ippen, PhD on how individuals can have conversations with young children to support their wellbeing.

## **[Talking with Clients Expressing Fear and Distress Related to Potential Immigration Enforcement Actions](#)** (The Center for Adjustment Resilience and Recovery [CARRE])

This guide created by The Center for Adjustment Resilience and Recovery (CARRE), offers support and suggestions for providers when interacting with clients who may be facing fear and distress related to potential immigration enforcement actions.

## **[Health Care Providers and Immigration Enforcement: Know Your Rights, Know Your Patients' Rights](#)** (National Immigration Law Center)

This guide created by the National Immigration Law Center notes the rights health care providers and their patients have regarding immigration enforcement.

## **[Welcoming and Protecting Immigrants in Healthcare Settings](#)** (Doctors for Immigrants)

This toolkit developed by Doctors for Immigrants highlights how healthcare workers can welcome and protect immigrants. Using findings from a multi-state study, the guide highlights how change can be implemented in healthcare settings.

## **[Immigration Advocacy Toolkit](#)** (Society for Academic Emergency Medicine)

"Developed by the Society for Academic Emergency Medicine, this toolkit provides guidance for emergency department clinicians, workers, and teams to support and advocate for immigrants seeking care.

## **[Supporting Immigrant Clients](#)** (Los Angeles County Department of Mental Health)

The Los Angeles County Department of Mental Health offers tips and resources to care for yourself after ICE encounters.

## **[Mental Health of Newcomer Children and Adolescents: Pediatric Mental Health Minute Series](#)** (American Academy of Pediatrics)

This video demonstrates key approaches pediatricians and providers can take when providing care to newcomer children and adolescents.

### **[Resources for Immigrant and Migrant Families](#)** (Association for Child and Adolescent Counseling)

This website by the Association for Child and Adolescent Counseling, provides information for counselors to support families, children, and clients facing deportation.

### **[Resources for New Asylees and Service Providers](#)** (City and County of San Francisco)

This page highlights resources for individuals who have recently been granted asylum by the United States federal government including health access, support programs, and legal resources.

### **[National Immigration Legal Services Directory](#)** (Immigration Advocates Network)

This website provides a directory for individuals to search for free or low-cost immigration legal services by state, county, or detention facility.

### **[Resources](#)** (Right to Be)

Right to Be offers resources for individuals looking to support themselves or others through various situations. Resources include guides for resilience and bystander intervention trainings to support immigrant communities.

### **[Resources for Providers to Prepare for ICE Presence at Health Care Facilities](#)** (Physicians for Reproductive Health (PRH))

Physicians for Reproductive Health has created a resource page for providers to prepare for ICE activity in health care facilities. This site includes printable resources and materials that can be shared with communities, such as signs designating private health care areas.

### **[Healthy Harbors Addressing Health Consequences of Immigration Policies](#)** (California Academy of Family Physicians (CAFP))

The California Academy of Family Physicians has created a guide for family physicians, clinics, and health care teams who may work with immigrants communities. This guide covers policies, resource, and strategies to protect and support immigrant patient health and privacy.

### **[Immigration Resources](#)** (California Primary Care Association (CPCA))

The California Primary Care Association has created a guide for health care centers to develop protocol on how to prepare for immigration presence. This guide outlines federal and state policies that indicate what is health care staff can do.

### **[Supporting Immigrant Students Toolkit](#)** (LA County Office of Education)

Comprehensive toolkit that empowers immigrant students and their families, as well as the school and district staff who serve them, with vital resources and information. This toolkit includes legal assistance, know your rights guidance, emergency planning resources, and support services for students and families.

### **[Legal Protections for Immigrant Students: A Guide for Educators](#)** (LA County Office of Education)

A guide for educators on protections for immigrant students, the responsibilities of schools, and how to support students in stressful times.

### **[Immigrant Students and Schools](#)** (National Immigration Law Center)

This resource, created in partnership with the American Federation of Teachers, United We Dream, and the Center for Law and Social Policy, provides guidance for educators to help families prepare for a potential immigration raid, including steps like identifying local nonprofits offering legal support, obtaining a "Know Your Rights" card, and creating a family emergency plan. Includes a helpful tip sheet for educators: "15 Things educators, school support staff, and communities can do to help protect undocumented students and their families."

### **[How to Support Immigrant Students and Families: Strategies for Schools and Early Childhood Programs](#)** (Colorín Colorado)

This website provides resources for families and educators including: "10 strategies for supporting Immigrant students and families," "Mental Health Support for Immigrants," "How Schools can Partner with Immigrant Families," and "Supporting Young Children in Immigrant Families."

### **[Communication Principles for Supporting Undocumented Students and Mixed Status Families](#)** (Immigrants Rising)

Communications Principles for Supporting Undocumented Students and Mixed Status Families is a resource designed to help higher education practitioners refine their language and communication strategies. This guidance was created so educators can clearly communicate information, policies, and available options while acknowledging each student's unique circumstances and educational aspirations.

### **[Mental Health Connector for Students in California](#)** (Immigrants Rising)

The Mental Health Connector, developed by Immigrant Rising, connects undocumented students in California to confidential therapy services at no cost.

### **[Resources for Educators](#)** (UTLA: United Teachers Los Angeles)

The United Teachers of Los Angeles (UTLA) has developed resources for educators to support and create safe environments for students.

### **[Supporting Immigrant Educators, Students, and Families](#)** (California Teachers Association)

The California Teachers Association has created an information page with resources for educators to remain informed on how to support immigrant students and communities. Resources include Safe Space posters and a guidance booklet.

### **[Immigration Resources for Educators and School Support Staff](#)** (American Federation of Teachers: Education Healthcare Public Services)

The American Federation of Teachers has developed resources for educators and school support staff including but not limited to guides, toolkits, and FAQs. These resources are available in multiple languages.

### **Resources to Include Immigrant Families** (California Department of Education)

The California Department of Education has created a series of posters and office counter cards with information and resources to support immigrant families. These posters and cards may be printed and shared with families.

### **Los Angeles County Office Of Education (LACOE)- Immigrant Relations & Services**

A guide for educators on protections for immigrant students, the responsibilities of schools, and how to support students in stressful times.

### **Supporting Immigrant Families and Students** (ED Justice)

The National Education Association has created a toolkit for individuals to support immigrant communities. Their website provides resources, guidance, and articles for how to create a safe school environment for students.

### **Immigrant and Refugee Children: A Guide for Educators and School Support Staff** (National Immigration Law Center (NILC))

The National Immigration Law Center has collaborated with various organizations to create a guide for educators and school support staff on how to best support immigrant and refugee children.

### **10 Strategies for How Schools Should Respond to Help Children Impacted by ICE Raids** (Intercultural Development Research Association)

The Intercultural Development Research Association has created a list of strategies for schools and staff to support students who may be impacted by immigration raids.

### [\*\*Taking Care of You\*\*](#) (UCLA Prevention Center of Excellence)

It is important to make time to support your own wellbeing. Use this printable to identify the activities that will allow you to be more resilient and present in day-to-day activities.

### [\*\*Compassion Fatigue and Self-Care\*\*](#) (UCLA Prevention Center of Excellence)

A printable tool offering some ways to practice self-care, even if you only have a few minutes.

### [\*\*Taking Care of Yourself During Crisis\*\*](#) (UCLA Prevention Center of Excellence)

A tip sheet to help identify common signs of stress and practical strategies to take care of your own wellbeing while providing assistance to others during crises.

### [\*\*Toolkit for Immigration and Human Rights Advocates\*\*](#) (Corazón Norte)

A guide for immigration and human rights advocates as they navigate changes.

### [\*\*The California Surgeon General's Playbook for Stress\*\*](#) (Office of the California Surgeon General)

This guide reviews strategies and tips to manage stress.

### [\*\*Caring for Ourselves and Each Other: Support for Educators Impacted by Recent Immigration Deportation Activity and Community Unrest\*\*](#) (LA County Office of Education)

A resource for school-based employees reviewing common stress responses, secondary trauma, and coping skills for those directly and indirectly impacted by ICE raids.

### [\*\*Guided Meditations\*\*](#) (UCLA Mindful)

Free guided meditations for folks in various languages, including English, Spanish, Tagalog, and more.

### [\*\*Guided Audio and Video Practices\*\*](#) (UC San Diego Center for Mindfulness)

A range of guided audio and video practices for folks. Included in this catalog are meditations in English and Spanish for adults, teens, and kids.

### [\*\*Somatic Series: Widening Our Window of Tolerance\*\*](#) (UCLA Prevention Center of Excellence)

This video series provides an overview of the Window of Tolerance and accessible, experiential body-based mindfulness practices to support yourself or those in your communities.

### [\*\*A Guided Meditation for Anxiety\*\*](#) (Psych Hub)

Take a quick break with our 10-minute guided meditation to help calm anxiety, taught by Psych Hub's clinical manager, Emily St. Amant, LPC-MHSP.

### [\*\*A Guided Meditation Exercise for Relaxation During Times of Stress\*\*](#) (Psych Hub)

Take a stress-reduction break with our short meditation for stress relief. Guided meditation is a stress reduction technique that can be done anywhere.

### [\*\*Wellness Support Groups for Students\*\*](#) (Immigrants Rising)

Immigrants Rising's Wellness Support Groups help undocumented people stay grounded and connected with the community.

## **[Resilience & Community Care Toolkit - A Toolkit for Immigrant Justice Leaders](#)** (United We Dream)

This downloadable toolkit offers immigrant justice leaders practical tools to sustain healing, resilience, and community care. It includes guidance for leading collective healing circles, mindful breathing practices, and holistic techniques for emotional and spiritual replenishment. Rooted in Indigenous and decolonial wisdom, the toolkit centers radical self-care and mutual support as essential elements of organizing for liberation. It also provides extensive mental health and wellness resources for undocumented communities and allies.

## **[Undocu-Immigrant Mental Health Grounding and Reflection Toolkit](#)** (Immigrants Rising)

This toolkit from Immigrants Rising offers simple, practical strategies to help undocumented individuals reduce stress and anxiety. It includes mindfulness and grounding exercises, breathing techniques, and journaling prompts to promote calm and self-awareness. The resource also guides users in identifying triggers, seeking support, and connecting with wellness and mental health services available to undocumented young people.

## **[Emotional Wellness Workbook for Youth](#)** (American Bar Association- Children's Immigration Law Academy [CILA])

This workbook, created by the Children's Immigration Law Academy (CILA), was developed to share self-care practices, strategies, and tools for youth. It covers topics ranging from coping, intrusive thoughts, boundaries, and more.

## **[Immigration and Your Mental Health: Managing Stress and Anxiety](#)** (James Immigration Law)

James Immigration Law shares tips for understanding and easing the stress and emotional impact of immigration.

## **[Caring for Ourselves in Stressful Times](#)** (Los Angeles County Office of Education [LACOE])

The Los Angeles County Office of Education has created a worksheet for how to care for ourselves in stressful times, including grounding techniques and a daily self-care plan.

## **[Tips For Taking Care of Yourself During Stressful Times](#)** (Northern Illinois University Center for Innovative Teaching and Learning)

A list of tips for wellbeing during times of uncertainty or stress.

## **[I'm stressed about current events. How can I practice self-care during uncertain times?](#)** (NAMI)

A handout of tips to help practice self-care during uncertain times.

## **[Caring for yourself in times of crisis: Strategies for well-being](#)** (ACPA- College Student Educator Internation)

College Student Educators International shares an article on how to take care of yourself during in times of crisis.

## **[Surviving Tough Times by Building Resilience](#)** (HelpGuide.org)

Helpguide.org has created an article on how to build resilience during times of stress and crisis.

## **[Taking Time for Yourself](#)** (Mental Health America (MHA))

Mental Health America shares some tips on taking time to care for yourself.

## **[Social Justice and Wellness](#)** (Cal State East Bay)

California State University, East Bay has created a website sharing wellness resources for individuals facing injustice and trauma.