Mental Health And COVID-19 – Information And Resources

**Resources For Immediate Response**

[**Disaster Distress Helpline**](https://www.samhsa.gov/find-help/disaster-distress-helpline)  
*Call*[*1-800-985-5990*](tel:1-800-985-5990)*or text TalkWithUs to 66746.The Disaster Distress Helpline (DDH) provides crisis counseling and support for anyone in the U.S. experiencing distress or other behavioral health concerns related to any natural or human-caused disaster, including public health emergencies.*

<https://www.samhsa.gov/find-help/disaster-distress-helpline>

[**Crisis Text Line**](https://www.crisistextline.org/)  
*Text MHA to 741741 and you’ll be connected to a trained Crisis Counselor. Crisis Text Line provides free, text-based support 24/7.*

<https://www.crisistextline.org/>

[**The Trevor Project**](https://www.thetrevorproject.org/)  
*Call*[*1-866-488-7386*](tel:+1-866-488-7386)*or text START to 678678. A national 24-hour, toll free confidential suicide hotline for LGBTQ youth.*

<https://www.thetrevorproject.org/>

[**Trans Lifeline**](https://www.translifeline.org/hotline)  
*Dial 877-565-8860 for US and 877-330-6366 for Canada. Trans Lifeline’s Hotline is a peer support service run by trans people, for trans and questioning callers.*

<https://www.translifeline.org/hotline>

[**Dial 2-1-1**](http://211.org/services/covid19)  
*If you need assistance finding food, paying for housing bills, accessing free childcare, or other essential services, visit 211.org or dial 211 to speak to someone who can help. Run by the United Way.*

<http://211.org/services/covid19>

[**National Domestic Violence Hotline**](https://www.thehotline.org/2020/03/13/staying-safe-during-covid-19/)  
*For any victims and survivors who need support, call*[*1-800-799-7233*](tel:1-800-799-7233)*or*[*1-800-799-7233*](tel:1-800-799-7233)*for TTY, or if you’re unable to speak safely, you can log onto thehotline.org or text LOVEI* <https://www.thehotline.org/2020/03/13/staying-safe-during-covid-19/>*S to 22522.*

[**The National Sexual Assault Telephone Hotline**](https://www.rainn.org/about-national-sexual-assault-telephone-hotline)  
*Call 800.656.HOPE (4673) to be connected with a trained staff member from a sexual assault service provider in your area.*

<https://www.rainn.org/about-national-sexual-assault-telephone-hotline>

[**Caregiver Help Desk**](https://caregiveraction.org/covid-19)  
*Contact Caregiver Action Network's Care Support Team by dialing* [*855-227-3640*](tel:+855-227-3640)*.Staffed by caregiving experts, the Help Desk helps you find the right information you need to help you navigate your complex caregiving challenges. Caregiving experts are available 8:00 AM – 7:00 PM ET.*

[https://caregiveraction.org/covid-19#](https://caregiveraction.org/covid-19)

[**The Partnership for Drug-free Kids Helpline**](https://drugfree.org/article/covid-19-we-are-here-for-you/)  
[*Call 1-855-378-4373*](https://drugfree.org/article/get-one-on-one-help/#gethelp1)*if you are having difficulty accessing support for your family, or a loved one struggling with addiction faces care or treatment challenges resulting from COVID-19 circumstances, the Partnership for Drug-free Kids' specialists can guide you. Support is available in English and Spanish, from 9:00am-midnight ET weekdays and noon-5:00pm ET on weekends.*

<https://drugfree.org/article/covid-19-we-are-here-for-you/>

**Financial Support**

[**COVID-19 Ancillary Costs**](https://www.healthwellfoundation.org/fund/covid-19-fund/?utm_medium=social&utm_source=MHA&utm_campaign=COVID-19_story)  
*The HealthWell Foundation just announced a COVID-19 Fund that provides up to $250 in assistance with ancillary costs associated with COVID-19. Grants awarded through the fund will provide reimbursement assistance to at risk or quarantined individuals for delivered food, medication, telehealth copays and transportation costs associated with COVID-19.*

<https://www.healthwellfoundation.org/fund/covid-19-fund/?utm_medium=social&utm_source=MHA&utm_campaign=COVID-19_story>

[**Facebook Small Business Grants**](https://www.facebook.com/business/boost/grant)  
*Facebook is offering $100M in cash grants and ad credits for up to 30,000 eligible small businesses.*

<https://www.facebook.com/business/boost/grants>

[**NeedyMeds.org**](https://www.needymeds.org/)  
*NeedyMeds is a 501(c)(3) national non-profit that connects people to programs that will help them afford their medications and other healthcare costs.*

<https://www.needymeds.org/>

[**Paycheck Protection Program (PPP) Information Sheet**](https://home.treasury.gov/system/files/136/PPP%20Borrower%20Information%20Fact%20Sheet.pdf?_cldee=bWdpbGliZXJ0aUBtaGFuYXRpb25hbC5vcmc%3d&recipientid=contact-65ac9ee2afd4e911a2d1000c2959e3d7-28d46a06a8c24665bda773176bddd254&esid=2ff5f39b-2c70-ea11-a2dd-000c2959e3d7)  
*The Department of the Treasury put out an information sheet on a small business loan program called the Paycheck Protection Program created the CARES Act.*

<https://home.treasury.gov/system/files/136/PPP%20Borrower%20Information%20Fact%20Sheet.pdf?_cldee=bWdpbGliZXJ0aUBtaGFuYXRpb25hbC5vcmc%3d&recipientid=contact-65ac9ee2afd4e911a2d1000c2959e3d7-28d46a06a8c24665bda773176bddd254&esid=2ff5f39b-2c70-ea11-a2dd-000c2959e3d7>

[**How The Treasury Department is Taking Action**](https://home.treasury.gov/cares)  
*The Department of the Treasury compiled their information sheets and applications for financial support given to workers, families, and businesses through the CARES Act on this page.*

<https://home.treasury.gov/policy-issues/cares>

**Mental Health Information For Disease Outbreaks**

[**Living With Mental Illness During COVID-19 Outbreak– Preparing For Your Wellness**](https://mhanational.org/living-mental-illness-during-covid-19-outbreak-preparing-your-wellness)  
*This webpage provides information and wellness tips for individuals living with mental health conditions during the COVID-19 outbreak.*

<https://mhanational.org/living-mental-illness-during-covid-19-outbreak-preparing-your-wellness>

[**Medication Access During COVID-19**](https://mhanational.org/medication-access-during-covid-19)  
*Changes and uncertainty surrounding COVID-19 can make it difficult to know what to do to make sure you have access to needed medications. Here are some tips and pieces of information to help you prepare and care for yourself or your loved ones*

<https://mhanational.org/medication-access-during-covid-19>

[**Coronavirus and Emerging Infectious Disease Outbreak Response**](https://www.cstsonline.org/resources/resource-master-list/coronavirus-and-emerging-infectious-disease-outbreaks-response)  
*These fact sheets provide information and recommendations for healthcare personnel, families, leaders, and businesses to address the psychological and behavioral health impacts of the novel Coronavirus (COVID-19) pandemic.*

<https://www.cstsonline.org/resources/resource-master-list/coronavirus-and-emerging-infectious-disease-outbreaks-response>

[**Coronavirus Anxiety—Helpful Expert Tips and Resources**](https://adaa.org/finding-help/coronavirus-anxiety-helpful-resources)  
*This page from the Anxiety and Depression Association of America provides COVID-19 resources, including videos, tips, and blogs on managing anxiety and coping.*

<https://adaa.org/finding-help/coronavirus-anxiety-helpful-resources>

[**COVID-19: Potential Implications for Individuals with Substance Use Disorders**](https://www.drugabuse.gov/about-nida/noras-blog/2020/03/covid-19-potential-implications-individuals-substance-use-disorders)  
*This webpage from the National Institute on Drug Abuse provides guidance on special considerations for the health and basic needs of individuals with Substance Use Disorders during Coronavirus.*

<https://www.drugabuse.gov/about-nida/noras-blog/2020/04/covid-19-potential-implications-individuals-substance-use-disorders>

[**COVID-19: Accessing Critical Medications for Your Loved One**](https://drugfree.org/parent-blog/covid-19-help-in-accessing-critical-medications-for-your-loved-one/)  
*This webpage from the Partnership for Drug-free Kids provides guidance for those considering or using pharmacotherapy, also known as*[*medication-assisted treatment,*](https://drugfree.org/article/medication-assisted-treatment/)*to treat their opioid use disorder who might be wondering how COVID-19 will impact their ability to get these critical medications.*

<https://drugfree.org/parent-blog/covid-19-help-in-accessing-critical-medications-for-your-loved-one/>

[**COVID-19: Mental health in the age of coronavirus**](https://news.un.org/en/story/2020/03/1059542)  
*An article from the United Nations with guidance on promoting mental health among different populations including caretakers, health care workers, leaders, people with children, older adults, and pregnant, breastfeeding women.*

<https://news.un.org/en/story/2020/03/1059542>

[**COVID-related Mental Health and Recovery Resources**](https://docs.google.com/spreadsheets/d/1wM8N-JfHOSIDrXQ3NCKKvjhIFeWlSk7XEIHfi-wa2zg/edit#gid=0)  
*A Guide from*[*Tempest*](https://www.jointempest.com/)*on companies and organizations that offer online support for individuals, including those with eating disorders and alcohol or substance use concerns.*

<https://docs.google.com/spreadsheets/d/1wM8N-JfHOSIDrXQ3NCKKvjhIFeWlSk7XEIHfi-wa2zg/edit#gid=0>

[**Dermatillomania During COVID-19**](http://pickingme.org/covid19)  
*Risk of COVID-19 may be anxiety inducing and you may be experiencing a harder time managing your Dermatillomania as a result. The CDC’s encouragement to “not touch your face” can be particularly hard and even triggering if you struggle with Skin Picking Disorder. Here are some ways to cope from the Picking Me Foundation.*

<https://pickingme.org/covid19/>

[**Free and Low Cost Support for Individuals Living With Eating Disorders**](https://www.nationaleatingdisorders.org/free-low-cost-support)  
*The National Eating Disorders Association (NEDA) compiled free and low cost support options offer ways to connect with others and provide tools to promote recovery.*

<https://www.nationaleatingdisorders.org/free-low-cost-support>

[**Frequently Asked Questions on Mental Health, Mental Illness, and COVID-19**](https://www.nami.org/getattachment/Press-Media/Press-Releases/2020/COVID-19-and-Mental-Illness-NAMI-Releases-Importan/COVID-19-Updated-Guide-1.pdf?lang=en-US)  
*The National Alliance on Mental Illness (NAMI) created a document to help guide individuals that have specific questions about their mental health situations.*

<https://www.nami.org/getattachment/Press-Media/Press-Releases/2020/COVID-19-and-Mental-Illness-NAMI-Releases-Importan/COVID-19-Updated-Guide-1.pdf?lang=en-US>

[**Managing Stress and Anxiety related to COVID-19**](https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fabout%2Fcoping.html)  
*This page from the Center for Disease Control and Prevention (CDC) provides tips for coping with stress and anxiety, including information focused on parents, first responders, and people who have been released from quarantine.*

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fprepare%2Fmanaging-stress-anxiety.html>

[**Mental Health Considerations during COVID-19 Outbreak**](https://www.who.int/docs/default-source/coronaviruse/mental-health-considerations.pdf?sfvrsn=6d3578af_2)  
*These mental health considerations were developed by the WHO Mental Health Department as support for mental and psychological well-being during COVID-19 outbreak.*

<https://www.who.int/docs/default-source/coronaviruse/mental-health-considerations.pdf?sfvrsn=6d3578af_2>

[**Mental health and wellness during a public health crisis**](https://soundcloud.com/dbsalliance/mental-health-and-wellness-during-a-public-health-crisis?utm_medium=email&utm_source=dbsa&utm_content=1+-+Listen+to+the+podcast&utm_campaign=COVID-19&source=COVID-19)  
*Dr. LaGenia Bailey, former DBSA board member, discusses tips on how to stay well during this public health crisis. In this podcast, she addresses benefits of mindfulness practice, lifestyle habits, and ways to stay connected with others to avoid isolation.*

<https://soundcloud.com/dbsalliance/mental-health-and-wellness-during-a-public-health-crisis?utm_medium=email&utm_source=dbsa&utm_content=1+-+Listen+to+the+podcast&utm_campaign=COVID-19&source=COVID-19>

[**Protecting Your Mental Health During the COVID-19 Pandemic**](https://onemind.org/news/pandemic-mental-health/)  
*A message from Brandon Staglin, President of One Mind, on prioritizing wellbeing during COVID-19.*

<https://onemind.org/news/pandemic-mental-health/>

[**Resources for the OCD and related disorders community during the COVID-19 outbreak**](https://iocdf.org/covid19/)  
*This page from the International OCD Foundation provides information about COVID-19 for individuals with OCD and related disorders.*

<https://iocdf.org/covid19/>

[**People with Disabilities, Medical Conditions & Older Adults**](http://adasoutheast.org/coronavirus/public-links.php#disabily)  
*The Southeast ADA Center compiled resources specific for individuals with disabilities.*

<http://adasoutheast.org/coronavirus/public-links.php#disabily>

[**Shrink Speak: COVID-19 Crisis**](https://shrinkspeak.podbean.com/e/part-1-fallon/)  
*In this special three-part COVID-19 Crisis series, Dr. Lieberman of Columbia University speaks with renowned experts who have expertise in relevant disciplines that pertain to this COVID-19 pandemic.*

<https://shrinkspeak.podbean.com/e/part-1-fallon/>

* [**Part 1**](https://shrinkspeak.podbean.com/e/part-1-fallon/)
* [**Part 2**](https://shrinkspeak.podbean.com/e/part-2-sid/)
* [**Part 3**](https://shrinkspeak.podbean.com/e/part-3-lipkin/)

[**Tips For Social Distancing, Quarantine, And Isolation During An Infectious Disease Outbreak**](https://www.samhsa.gov/sites/default/files/tips-social-distancing-quarantine-isolation-031620.pdf)  
*This document from the Substance Abuse and Mental Health Services Administration (SAMHSA) provides information on the basics of staying safe and taking care of your mental health during infectious disease outbreaks.*

<https://www.samhsa.gov/sites/default/files/tips-social-distancing-quarantine-isolation-031620.pdf>

[**When Home Becomes The Workplace: Mental Health And Remote Work**](https://www.forbes.com/sites/onemind/2020/03/17/when-home-becomes-the-workplace-mental-health-and-remote-work/#7d4939ff1760)  
*A Forbes article by Garen Staglin, Co-founder and Chairman of One Mind at Work, on how to avoid the common negative mental health effects of working from home.*

<https://www.forbes.com/sites/onemind/2020/03/17/when-home-becomes-the-workplace-mental-health-and-remote-work/#24be766d1760>

[**How-To Articles on COVID-19 from WIkihow**](https://www.wikihow.com/Category:COVID-19)  
*Wikihow provides a plethora of information about coping with COVID-19 in an easy to follow format.*

<https://www.wikihow.com/Category:COVID-19>

**Tools And Information On Anxiety**

[**Mental Health Screening Tools**](https://screening.mhanational.org/screening-tools?ref=Covid)  
*One of the quickest and easiest ways to tell if you are experiencing a mental health condition is to take an online screen. MHA has nine different screening tools for mental health conditions on our site, including anxiety.*

<https://screening.mhanational.org/screening-tools?ref=Covid>

[**What is Anxiety?**](https://mhanational.org/conditions/anxiety)

<https://mhanational.org/conditions/anxiety>

[**Anxiety Information and Support**](https://screening.mhanational.org/anxiety)

<https://screening.mhanational.org/anxiety>

[**Care for your Coronavirus Anxiety**](https://www.virusanxiety.com/)

<https://www.virusanxiety.com/>

[**Staying Grounded**](https://www.mhanational.org/sites/default/files/B2S%202018%20Worksheet%20-%20Keep%20Your%20Mind%20Grounded.pdf)

<https://www.mhanational.org/sites/default/files/B2S%202018%20Worksheet%20-%20Keep%20Your%20Mind%20Grounded.pdf>

[**Meditations and Calming Exercises**](https://www.calm.com/blog/take-a-deep-breath?utm_source=lifecycle&utm_medium=email&utm_campaign=difficult_times_subs_031720)

<https://www.calm.com/blog/take-a-deep-breath?utm_source=lifecycle&utm_medium=email&utm_campaign=difficult_times_subs_031720>

**Tools To Connect With Others**

[**Social Support: Getting And Staying Connected**](https://mhanational.org/stay-connected)

<https://mhanational.org/stay-connected>

[**MHA’s Inspire Community**](https://www.inspire.com/groups/mental-health-america/)  
*An online community where people can connect with others. MHA hosts a dedicated mental health community, but there are communities related to a variety of topics.*

<https://www.inspire.com/groups/mental-health-america/>

[**Depression and Bipolar Support Alliance (DBSA)'s Online Support Groups**](https://www.dbsalliance.org/support/chapters-and-support-groups/online-support-groups/?utm_medium=email&utm_source=dbsa&utm_content=2+-+DBSA+Online+Support+Group&utm_campaign=COVID-19&source=COVID-19)

<https://www.dbsalliance.org/support/chapters-and-support-groups/online-support-groups/?utm_medium=email&utm_source=dbsa&utm_content=2+-+DBSA+Online+Support+Group&utm_campaign=COVID-19&source=COVID-19>

[**Lyf App**](https://www.lyfapp.com.au/)  
*Lyf is a social media app where users share highly personal aspects of themselves without the fear of judgment. It's the one app where you can be yourself or write anonymously and people won't degrade or bring you down.*

<https://lyf.app/>

[**Warmlines**](http://mhanational.org/warmlines)  
*Unlike a hotline for those in immediate crisis, warmlines provide early intervention with emotional support that can prevent a crisis. The lines are typically free, confidential peer-support services staffed by those who have experienced mental health conditions themselves. Find a warmline in your area at warmline.org.*

<https://screening.mhanational.org/content/need-talk-someone-warmlines>

[***#JustCheckingIn***](https://idontmind.com/journal/just-checking-in-ten-minutes-ten-questions) *IDONTMIND started a campaign to connect people who are practicing social distancing and encourage others to join in using the hashtag #JustCheckingIn on Instagram.*

<https://idontmind.com/journal/just-checking-in-ten-minutes-ten-questions>

[**Bridge Club**](https://www.jointempest.co/bridge-club)  
*Bridge Club is a community-led peer support group for women and gender non-conforming folks who are sober or interested in sobriety. A virtual Bridge Club is available and free to join.*

<https://www.jointempest.co/bridge-club>

[**/r/COVID19-support**](https://www.reddit.com/r/COVID19_support/)  
*This is a subreddit offering help and support for those feeling overwhelmed by the news on COVID19.*

<https://aa-dc.org/online-meetings>

[**Online/Phone Meeting Resources for Substance Use Disorder**](https://aa-dc.org/online-meetings)  
*The Washington Area Intergroup Association has a list of online/phone meetings for individuals who are struggling with substance use and are unable to attend support group meetings at this time.*

<https://aa-dc.org/online-meetings>

[**In The Rooms**](https://www.intherooms.com/home/)  
*In The Rooms is a free online recovery tool that offers 130 weekly online meetings for those recovering from addiction and related issues.*

<https://www.intherooms.com/home/>

[**Online Support Community for Parents & Caregivers of Individuals with Substance Use Disorders**](https://drugfree.org/article/online-support-community-for-parents-caregivers/)  
*Gatherings are an hour long and take place weekly using Zoom (a free video conferencing service available for download on your computer or smartphone; allow extra time to install before joining your first meeting). You are welcome to join any meeting, although specified gatherings are intended to offer insight more tailored to the age of your child.*

<https://drugfree.org/article/online-support-community-for-parents-caregivers/>

[**12steps.org**](https://www.12step.org/social/online-meeting-calendar/)  
*This is a calendar of online meetings at various different recovery-related websites.*

<https://www.12step.org/social/online-meeting-calendar/>

[**Coronavirus (COVID-19) Support Group and Discussion Community**](https://www.inspire.com/groups/covid-19/)  
*MHA Partner, Inspire, created a forum where individuals impacted by COVID-19 can connect and share their concerns.*

<https://www.inspire.com/groups/covid-19/>

**Webinars, Live Events, And Workshops**

[**Instagram Live: MHA x NEDA**](https://www.dropbox.com/s/dnr408xlmpjz32n/MHA%20x%20NEDA%20Instagram%20Live_4.7.2020.mov?dl=0)  
*Coping with an eating disorder is challenging for anyone, at any time, but with the added stress of COVID-19, it can be hard to manage without routines that we're used to. CEO of the National Eating Disorders Association (NEDA) Claire Mysko and Mental Health America's Director of Peer Advocacy, Supports, and Services Kelly Davis teamed up to share how they're coping and answered questions.*

<https://www.dropbox.com/s/dnr408xlmpjz32n/MHA%20x%20NEDA%20Instagram%20Live_4.7.2020.mov?dl=0>

[**MHA webinar: Older Adults & Isolation during COVID-19**](https://mhanational.org/events/older-adults-isolation-during-covid-19)  
*In this webinar, MHA will discuss the strengths and weaknesses of traditional behavioral health services in meeting the needs of this population, particularly around social isolation. He will also share information about how peer support and peer-delivered services can make an impact on their wellbeing and sense of connection.*

<https://mhanational.org/events/older-adults-isolation-during-covid-19>

[**MHA webinar: Wellness Routines for Uncertain Times**](https://www.mhanational.org/events/wellness-routines-uncertain-times)  
*This webinar is designed to create space for participants to explore reaching their new or reimagined wellness goals.*

<https://www.mhanational.org/events/wellness-routines-uncertain-times>

[**MHA webinar: Peer, Friend and Self Support in the COVID-19 Crisis: How to Provide Support for Ourselves and Others Through Times of Fear and Isolation**](https://www.mhanational.org/events/peer-friend-and-self-support-covid-19-crisis-how-provide-support-ourselves-and-others)  
*This webinar speaks directly to skills and techniques we can utilize to maintain our collective health and provide the support we all need to cope with this time of fear, anxiety, and isolation. The techniques developed in behavioral health peer support can be adjusted and combined with new ideas developed by each of us in order to rise to the occasion.*

<https://www.mhanational.org/events/peer-friend-and-self-support-covid-19-crisis-how-provide-support-ourselves-and-others>

[**MHA webinar: Building Resiliency to Isolation & Loneliness: How to Increase Our Resiliency During the COVID-19 Crisis**](https://mhanational.org/events/building-resiliency-isolation-loneliness-how-increase-our-resiliency-during-covid-19-crisis)  
*This webinar will discuss the crisis we face physically, cognitively, and emotionally in the time of COVID-19.*

<https://mhanational.org/events/building-resiliency-isolation-loneliness-how-increase-our-resiliency-during-covid-19-crisis>

[**PsychU webinar: Impact of Novel Coronavirus Pandemic on Mental Health**](https://www.psychu.org/events/impact-of-novel-coronavirus-pandemic-on-mental-health/)  
*In this webinar, Paul Gionfriddo, President of Mental Health America, and Christine Moutier, MD, psychiatrist and Chief Medical Officer for American Foundation for Suicide Prevention, discuss the impact of the novel coronavirus (COVID-19) pandemic on mental health with Stephen Murray, PharmD, MBA, Senior Medical Science Liaison for Otsuka Pharmaceutical Development & Commercialization, Inc.*

<https://www.psychu.org/events/impact-of-novel-coronavirus-pandemic-on-mental-health/>

[**Yale webinars: Using emotional intelligence to combat COVID-19 anxiety**](https://news.yale.edu/2020/03/24/yale-webinars-using-emotional-intelligence-combat-covid-19-anxiety)  
*In a series of webinars starting March 25, the Yale Center for Emotional Intelligence will address ways of maintaining emotional health and building resilience.*

<https://news.yale.edu/2020/03/24/yale-webinars-using-emotional-intelligence-combat-covid-19-anxiety>

[**Smithsonian**](https://mhanational.org/events.si.edu/143846016/WorkshopMeditationandMindfulness)[**Workshop: Meditation and Mindfulness**](http://events.si.edu/143846016/WorkshopMeditationandMindfulness)  
*The Smithsonian Institution is offering free 30-minute online meditations four times each week led by DC-based meditation teachers, starting Monday, March 23. These free sessions are appropriate for all levels of practitioners. No previous experience is required.*

<http://events.si.edu/143846016/WorkshopMeditationandMindfulness>

**For Mental Health Providers**

[**A Guide to Providing Mental Health Services to Immigrants Impacted by Changes to DACA and the COVID-19 Pandemic**](https://www.informedimmigrant.com/guides/daca-mental-health-providers/)

[https://www.informedimmigrant.com/guides/daca-mental-health-providers/#](https://www.informedimmigrant.com/guides/daca-mental-health-providers/)

[**A Guide to Transitioning Your Clinic to a Remote Work Environment**](https://medium.com/eleos-health/a-guide-to-transitioning-your-clinic-to-a-remote-work-environment-3d83b8f89f11)

<https://medium.com/eleos-health/a-guide-to-transitioning-your-clinic-to-a-remote-work-environment-3d83b8f89f11>

[**Medicare Telehealth Healthcare Provider Fact Sheet**](https://www.samhsa.gov/sites/default/files/medicare-telemedicine-health-care-fact-sheet.pdf)

<https://www.samhsa.gov/sites/default/files/medicare-telemedicine-health-care-fact-sheet.pdf>

[**Use of Telemedicine While Providing Medication Assisted Treatment (MAT)**](https://www.samhsa.gov/sites/default/files/programs_campaigns/medication_assisted/telemedicine-dea-guidance.pdf)

<https://www.samhsa.gov/sites/default/files/programs_campaigns/medication_assisted/telemedicine-dea-guidance.pdf>

[**Opioid Treatment Program (OTP) Guidance**](https://www.samhsa.gov/sites/default/files/otp-guidance-20200316.pdf)

<https://www.samhsa.gov/sites/default/files/otp-guidance-20200316.pdf>

[**COVID-19 and Opioid Treatment Programs FAQ**](https://www.samhsa.gov/sites/default/files/sample-otp-covid-19-faqs.pdf)

<https://www.samhsa.gov/sites/default/files/sample-otp-covid-19-faqs.pdf>

[**COVID-19 Public Health Emergency Respo**<https://www.samhsa.gov/sites/default/files/covid-19-42-cfr-part-2-guidance-03192020.pdf>**nse and 42 CFR Part 2 Guidance**](https://www.samhsa.gov/sites/default/files/covid-19-42-cfr-part-2-guidance-03192020.pdf)

**For First Responders**

[**List of Freebies for Nurses During the COVID-19 Crisis**](https://www.registerednursing.org/nurse-freebies-covid-19/?fbclid=IwAR2cp8185ptx9S4wLrWK6XysJ5lTXsN2IISFKrZosi5cKDJij5QNkOmHw_Y)  
*An extensive list of free travel, goods and services including mental health and fitness for nurses!*

<https://www.registerednursing.org/nurse-freebies-covid-19/?fbclid=IwAR2cp8185ptx9S4wLrWK6XysJ5lTXsN2IISFKrZosi5cKDJij5QNkOmHw_Y>

[**Project N95**](https://www.projectn95.org/)  
*Project N95, a volunteer organization, is the national COVID-19 clearinghouse for personal protective equipment (PPE) and other critical medical equipment. They are a rapid response non-profit organization.*

<https://www.projectn95.org/>

**For Parents**

[**Parenting during Coronavirus**](https://mhanational.org/blog/parenting-during-coronavirus)

<https://mhanational.org/blog/parenting-during-coronavirus>

[**Talking to Kids about COVID-19**](https://childmind.org/article/talking-to-kids-about-the-coronavirus/)

<https://childmind.org/article/talking-to-kids-about-the-coronavirus/>

[**Cómo hablar con los niños sobre el coronavirus**](https://childmind.org/article/como-hablar-con-los-ninos-sobre-el-coronavirus/)

<https://childmind.org/article/como-hablar-con-los-ninos-sobre-el-coronavirus/>

[**Talking to Children About COVID-19 (Coronavirus): A Parent Resource**](https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource)

<https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/helping-children-cope-with-changes-resulting-from-covid-19>

[**Supporting Kids During the COVID-19 Crisis**](https://childmind.org/article/supporting-kids-during-the-covid-19-crisis/?utm_source=newsletter&utm_medium=email&utm_content=%20Parents%20Guide%20to%20Problem%20Behavior&utm_campaign=Weekly-03-16-20)

<https://childmind.org/article/supporting-kids-during-the-covid-19-crisis/?utm_source=newsletter&utm_medium=email&utm_content=%20Parents%20Guide%20to%20Problem%20Behavior&utm_campaign=Weekly-03-16-20>

[**How to Avoid Passing Anxiety on to Your Kids**](https://childmind.org/article/how-to-avoid-passing-anxiety-on-to-your-kids/?utm_source=newsletter&utm_medium=email&utm_content=%20Parents%20Guide%20to%20Problem%20Behavior&utm_campaign=Weekly-03-16-20)

<https://childmind.org/article/how-to-avoid-passing-anxiety-on-to-your-kids/?utm_source=newsletter&utm_medium=email&utm_content=%20Parents%20Guide%20to%20Problem%20Behavior&utm_campaign=Weekly-03-16-20>

[**Talking to Kids about Fear and Violence**](https://mhanational.org/talking-kids-about-fear-and-violence)

<https://mhanational.org/talking-kids-about-fear-and-violence>

[**The Parent Guide to Resilience**](https://resilienceguide.org/)

<https://resilienceguide.org/>

[**List of Live Webcams, Virtual Tours, and Virtual Field Trips**](https://docs.google.com/spreadsheets/u/1/d/1NGi3CzD0gY7Dq83dtX_Oa4LDVdU0qkew251N6LQk-Fw/htmlview?usp=sharing&sle=true)

<https://docs.google.com/spreadsheets/u/1/d/1NGi3CzD0gY7Dq83dtX_Oa4LDVdU0qkew251N6LQk-Fw/htmlview?usp=sharing&sle=true>

[**Scholastic Learn at Home Free Resources**](https://classroommagazines.scholastic.com/support/learnathome.html)

<https://classroommagazines.scholastic.com/support/learnathome.html>

[**Smithsonian Distance Learning Resources**](https://learninglab.si.edu/distancelearning)

<https://learninglab.si.edu/distancelearning>

[**Virtual Field Trips from Discovery Education**](https://www.discoveryeducation.com/community/virtual-field-trips/)

<https://www.discoveryeducation.com/community/virtual-field-trips/>

[**Free Learning Resources from Lakeshore Learning Materials**](https://www.lakeshorelearning.com/resources/free-resources?ref=hpS2)

<https://www.lakeshorelearning.com/resources/free-resources?ref=hpS2>

[**List of Education Companies Offering Free Subscriptions due to School Closings**](https://docs.google.com/spreadsheets/d/1RRv9cENXMp1frTxMmGv3HrNkag6e2RqRZirpHSRzy44/htmlview?fbclid=IwAR2MZ-TSoBtsMKjDXdjAcYmPfOhbx6x8cn62FXDBh4xrDVvSqhdz1IfGXz0&sle=true#gid=0)

<https://docs.google.com/spreadsheets/d/1RRv9cENXMp1frTxMmGv3HrNkag6e2RqRZirpHSRzy44/htmlview?fbclid=IwAR2MZ-TSoBtsMKjDXdjAcYmPfOhbx6x8cn62FXDBh4xrDVvSqhdz1IfGXz0#gid=0>

[**How to Talk to Your Anxious Child or Teen About Coronavirus**](https://adaa.org/learn-from-us/from-the-experts/blog-posts/consumer/how-talk-your-anxious-child-or-teen-about)

<https://adaa.org/learn-from-us/from-the-experts/blog-posts/consumer/how-talk-your-anxious-child-or-teen-about>

**For Caregivers**

[**Family Caregiver Mental Health And COVID-19**](https://mhanational.org/family-caregiver-mental-health-and-covid-19)

<https://www.ncoa.org/blog/coronavirus-what-older-adults-need-to-know/?utm_source=ncoa&utm_medium=homepage>

[**Caregiving for a Person with a Mental Illness**](https://www.mhanational.org/caregiving-person-mental-illness)

<https://www.mhanational.org/caregiving-person-mental-illness>

[**COVID-19 and Family Caregiving**](https://caregiveraction.org/covid-19)

<https://caregiveraction.org/covid-19>

[**Care for Caregivers: Tips for Families and Educators**](https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/mental-health-resources/care-for-caregivers-tips-for-families-and-educators)

<https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/mental-health-resources/care-for-caregivers-tips-for-families-and-educators>

[**Caring for someone at home during COVID-19**](https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/care-for-someone.html)

<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/care-for-someone.html>

[**Caregiver Action Network**](https://www.caregiveraction.org/)

<https://www.caregiveraction.org/>

[**National Alliance for Caregiving**](https://www.caregiving.org/)

<https://www.caregiving.org/>

**For Older Adults**

[**National Council on Aging**](https://www.ncoa.org/blog/coronavirus-what-older-adults-need-to-know/?utm_source=ncoa&utm_medium=homepage)

<https://www.ncoa.org/blog/coronavirus-what-older-adults-need-to-know/?utm_source=ncoa&utm_medium=homepage>

[**Do Your Part to Stem COVID-19: An Intergenerational Call to Action**](https://www.ncoa.org/blog/do-your-part-to-stem-covid-19-an-intergenerational-call-to-action/)

<https://www.ncoa.org/blog/do-your-part-to-stem-covid-19-an-intergenerational-call-to-action/>

[**Older Adults & Isolation during COVID-19**](https://mhanational.org/events/older-adults-isolation-during-covid-19)

<https://mhanational.org/events/older-adults-isolation-during-covid-19>

**For Domestic Violence Survivors**

[***Information on COVID-19 for Survivors, Communities, and DV/SA Programs***](https://www.futureswithoutviolence.org/get-updates-information-covid-19/) *People who are surviving violence in their relationships and families may be experiencing increased isolation and danger caused by social distancing measures during the Coronavirus pandemic. Futures Without Violence curated resources for survivors and communities.*

<https://www.futureswithoutviolence.org/get-updates-information-covid-19/>

[**National Domestic Violence Hotline**](https://www.thehotline.org/2020/03/13/staying-safe-during-covid-19/)  
*For any victims and survivors who need support, call*[*1-800-799-7233*](tel:1-800-799-7233)*or*[*1-800-799-7233*](tel:1-800-799-7233)*for TTY, or if you’re unable to speak safely, you can log onto thehotline.org or text LOVEIS to 22522.*

<https://www.thehotline.org/2020/03/13/staying-safe-during-covid-19/>

[**Staying Safe During COVID-19**](https://mhanational.org/mhanational.org/blog/staying-safe-during-covid-19)

<https://mhanational.org/mhanational.org/blog/staying-safe-during-covid-19>

**For LGBTQ+ Individuals**

[**Direct Online and Phone Support Services for LGBTQ Youth**](https://www.hrc.org/resources/direct-online-and-phone-support-services-for-lgbtq-youth)  
*The Human Rights Campaign compiled some resources that LGBTQ youth and their parents/guardians can access online or by phone.*

<https://www.hrc.org/resources/direct-online-and-phone-support-services-for-lgbtq-youth>

[**9 Strategies for Quarantining in a Non-LGBTQ+ Affirming Environment**](https://www.them.us/story/9-strategies-for-quarantining-in-a-non-lgbtq-accepting-environment#intcid=recommendations_default-popular_1a1fc457-4fe2-40b9-9509-20fdf9c3d754_popular4-1)  
*With help from queer therapists and experts from The Trevor Project, here's how to endure isolation with those who might not accept your identity.*

<https://www.them.us/story/9-strategies-for-quarantining-in-a-non-lgbtq-accepting-environment#intcid=recommendations_default-popular_1a1fc457-4fe2-40b9-9509-20fdf9c3d754_popular4-1>

**For Veterans**

[**COVID-19 Resources for Veterans from the House Committee on Veterans' Affairs**](https://veterans.house.gov/covid-19)

<https://veterans.house.gov/covid-19>

**General Information About COVID-19**

[**Coronavirus (COVID-19) Information Hub from the CDC**](https://www.cdc.gov/coronavirus/2019-ncov/index.html)

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

[**Fact Sheets on COVID-19 in Spanish and Other Languages**](https://www.cdc.gov/coronavirus/2019-ncov/communication/factsheets.html)

<https://www.cdc.gov/coronavirus/2019-ncov/communication/print-resources.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fcommunication%2Ffactsheets.html>

[**Coronavisrus (COVID-19) Situation Report from the World Health Organization (WHO)**](https://www.who.int/docs/default-source/coronaviruse/situation-reports/20200311-sitrep-51-covid-19.pdf) <https://www.who.int/docs/default-source/coronaviruse/situation-reports/20200311-sitrep-51-covid-19.pdf>

[**Coronavirus disease (COVID-19) advice for the public**](https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public)

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>

[**Preguntas y respuestas sobre la enfermedad por coronavirus (COVID-19)**](https://www.who.int/es/emergencies/diseases/novel-coronavirus-2019/advice-for-public/q-a-coronaviruses)

<https://www.who.int/es/emergencies/diseases/novel-coronavirus-2019/advice-for-public/q-a-coronaviruses>

[**American Psychological Association (APA) Resources on Pandemics**](https://www.apa.org/practice/programs/dmhi/research-information/pandemics)

<https://www.apa.org/practice/programs/dmhi/research-information/pandemics>

[**Coronavirus — COVID-19**](https://es.hesperian.org/hhg/Coronavirus) –*Provi*

*9* <https://es.hesperian.org/hhg/Coronavirus>*information in various languages.*

[**Stop the Spread of COVID-19: Free Public Health Fliers in 30+ Languages**](https://www.translationservices.com/covid-19)

<https://www.translationservices.com/covid-19>

**Merced County food bank resources:**

<https://mmcfb.org/get-help/the-senior-brown-bag-program.html>

<https://mmcfb.org/get-help/emergency-food-assistance-program.html>

<https://mhanational.org/covid19##ResourcesForImmediateResponse>

<https://mmcfb.org/get-help/get-food.html>

Type: brown bag, EFAP, and CSFP

**EMERGENCY FOOD PROGRAMS MERCED**

APOSTOLIC TABERNACLE MERCED BETHEL

2745 E. Highway 140 810 T Street

Merced, California Merced, California

(209) 723-0545 (209) 383-1265 #150 (Love INC for referral)

Monday, Wednesday 10 AM – 1 PM Call for information

Friday 10 AM – 12 PM

Call for information

CALVARY ASSEMBLY OF GOD – HARVEST TIME ST. VINCENT DE PAUL

1021 R Street 131 W. Main Street

Merced, California Merced, California

(209) 723-2395 (209) 723-2404

Food giveaway 3rd and 4th Thursday Sack lunches every Monday, Wednesday, and Friday

of every month 8:30 AM to 10:00 AM 12 PM – 12:30 PM

CATHOLIC CHARITIES OF MERCED UNITED METHODIST CHURCH

336 W. Main Street 899 Yosemite Parkway

Merced, California Merced, California

(209) 383-2494 Food giveaway 3rd Thursday of every month 5 PM

Food giveaway Tuesday 9AM – 12PM

Thursday and Friday 9 AM – 3 PM THIS AIN’T YOUR MAMA’S CHURCH

1405 W. Main Street

SALVATION ARMY Merced, California 95340

1440 W. 12th Street (209) 201-6742

Merced, California Call for information

(209) 383-4225

Call for information

**EMERGENCY FOOD PROGRAMS ATWATER**

MT. OLIVE BAPTIST CHURCH ST. ANTHONY’S CHURCH

559 Broadway Avenue 1799 Winton Way

Atwater, CA Atwater, CA

(209) 358-3031 (209) 357-1464

Food giveaway 2nd Wednesday Call for information 8AM-12PM

of every month 10AM-11AM

ATWATER CHURCH OF THE NAZARENE FIRST BAPTIST CHURCH

1374 Shaffer Road 1683 Fifth Street

Atwater, CA Atwater, CA

(209) 358-8110 (209) 358-3545

Call for information Food giveaway 4th Saturday

of every month 10AM-12PM

**EMERGENCY FOOD PROGRAMS LOS BANOS**

BETHEL COMMUNITY CHURCH ST. ALBAN EPISCOPAL CHURCH

415 “I” Street 401 W. “I” Street

Los Banos, CA Los Banos, CA

(209) 827-0797 (209) 769-0283

Emergency Food 2nd & 4th Wednesday Call for information

and every Friday of the month 10AM-2PM

Hot meals every Thursday 11:30AM-1PM

SALVATION ARMY

1231 4th Street

Los Banos, CA

(209) 827-4945

Call for information

**EMERGENCY FOOD PROGRAMS MARIPOSA**

MANNA HOUSE ASSEMBLY OF GOD

5127 Charles Street 5265 Highway 49N

Mariposa, CA 95338 Mariposa, CA 95338

(209) 742-7985 (209) 966-2249

Monday – Friday, 10AM – 2PM Wednesday, 7:30AM – 9:30AM

Call for information Call for information

NEW BEGINNINGS CHURCH

4603 Highway 49S

Mariposa, CA 95338

(209) 966-8226

Tuesday or Thursday, 1PM – 2:30PM

Call for information

**EMERGENCY FOOD PROGRAMS WINTON**

Lifeline CDC

7081 N. Winton Way

Winton, CA 95388

(209) 358-6939

Call for Information

**EMERGENCY FOOD PROGRAMS DELHI**

Delhi Presbyterian Church

15917 El Capitan Way

Delhi, CA 95315

(209) 667-8746

Tuesday-Friday, 9AM – 12PM

Call for Information

**P-EBT**

<https://www.cdss.ca.gov/home/pandemic-ebt>

<https://ca.p-ebt.org/>

<https://www.cdss.ca.gov/Portals/9/EBT/Pandemic/P-EBT-Information-Session_04292020-548.pdf>