

Links to additional resources about managing mental health during the COVID-19 pandemic.

Big list of resources

<https://www.massgeneral.org/psychiatry/guide-to-mental-health-resources/>

Taking care of yourself and managing stress

Managing Your Stress and Anxiety

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>

Tips For Social Distancing, Quarantine, And Isolation

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

FACE COVID: How to respond effectively to the Corona crisis

<https://coronadosafe.org/blog/face-covid/#.XnaFKZNKifU>

Mindfulness and Meditation

<https://blog.calm.com/take-a-deep-breath>

Children & families

Talking to children about COVID-19

https://www.aacap.org/App_Themes/AACAP/Docs/latest_news/2020/Coronavirus_COVID19_Children.pdf

Helping Homebound Children

https://www.cstsonline.org/assets/media/documents/CSTS_FS_Helping_Homebound_Children_during_COVID19_Outbreak.pdf

Taking Care of Your Family

https://www.cstsonline.org/assets/media/documents/CSTS_FS_Corona_Taking_Care_of_Your_Family.pdf.pdf

For people with mental health conditions

NAMI Southern Arizona Tips for COVID-19

www.namiSa.org/coronavirus

NAMI Helpline Resource Guide

<https://www.nami.org/getattachment/About-NAMI/NAMI-News/2020/NAMI-Updates-on-the-Coronavirus/COVID-19-Updated-Guide-1.pdf>

COVID-19 Resources

Mental Health Links & Handouts



OCD and COVID-19

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

Mental Health America COVID Resource Page

<https://mhanational.org/covid19>

Addiction help

Virtual Recovery Groups

<https://www.samhsa.gov/sites/default/files/virtual-recovery-resources.pdf>

Harm Reduction and COVID-19

<https://harmreduction.org/miscellaneous/covid-19-guidance-for-people-who-use-drugs-and-harm-reduction-programs/>

Helpful Apps

Calm

Headspace

Breathe2Relax

CBT iCoach (for insomnia)

Take a Break

Mindfulness

Breathe

Mood Tools

Moodkit

Virtual Hope Box