

COVID-19 RESOURCES



These are valuable resources that support health and resilience in uncertain times:

- World Health Organization:
 - Coping with Stress (adults): https://www.who.int/docs/default-source/coronaviruse/coping-with-stress.pdf?sfvrsn=9845bc3a_8
 - Coping with Stress (children): https://www.who.int/docs/default-source/coronaviruse/helping-children-cope-with-stress-print.pdf?sfvrsn=f3a063ff_2
- Centers for Disease Control and Prevention (CDC): <https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>
 - For you: <https://emergency.cdc.gov/coping/selfcare.asp>
 - For children: <https://www.cdc.gov/childrenindisasters/helping-children-cope.html>
 - For emergency responders and healthcare providers: <https://emergency.cdc.gov/coping/responders.asp>
 - For leaders: <https://emergency.cdc.gov/coping/leaders.asp>
- Substance Abuse and Mental Health Services Administration (SAMHSA)
 - Tips for Social Distancing, Quarantine, and Isolation: <https://www.samhsa.gov/sites/default/files/tips-social-distancing-quarantine-isolation-031620.pdf>
- National Suicide Prevention Lifeline (1-800-273-8255)
 - Emotional Well-Being During the COVID-19 Outbreak: <https://suicidepreventionlifeline.org/current-events/supporting-your-emotional-well-being-during-the-covid-19-outbreak/>
- National Child Traumatic Stress Network
 - Parent/Caregiver Guide to Helping Families Cope with COVID-19: https://www.nctsn.org/sites/default/files/resources/fact-sheet/outbreak_factsheet_1.pdf

- National Alliance on Mental Illness (NAMI)

How to find therapy, access to medications, and other resources for people with mental illness:

<https://www.nami.org/About-NAMI/NAMI-News/2020/NAMI-Updates-on-the-Coronavirus>

- American Psychiatric Nurses Association (APNA) – COVID-19 resources:

<https://www.apna.org/i4a/pages/index.cfm?pageid=6682>

- Self-Care Tip Sheet for Nurses: <https://www.apna.org/files/public/APNASelfCareTipSheet.pdf>

Smartphone Apps for Mental and Emotional Health –These are free and some are offering their paid-premium access at no cost right now:

- Woebot – chat with an artificial intelligence powered by cognitive-behavioral therapy techniques
- Sanvello – offering free premium access to mental health assessments, help with anxiety, and social connection <https://www.sanvello.com/>
- Meditation and Mindfulness
 - Headspace – free collection of meditations to help with anxiety, movement, sleep, etc.
 - Insight Timer – free library of guided meditations; connect with other users
 - Shine – learn self-care strategies and connect with others in this community; also has an audio library of meditations, music, bedtime stories
 - Calm – guided meditations for sleep, stress, anxiety, and mindfulness

Other Resources:

- Safe Space, by Vibrant Emotional Health – an interactive website with tools to manage anxiety and stress: <https://www.vibrant.org/safespace/>
- Global Health Living Foundation offers resources for people who are high-risk due to chronic illness: <https://www.ghlf.org/coronavirus-patient-support/>
- Talkspace, smartphone app that matches you with a licensed therapist that you can communicate with through text, audio, and video (paid subscription service)
- Kati Morton, LMFT on YouTube: <https://www.youtube.com/channel/UCzBYOHYEEzlkRdDOSobbpww>
 - Dealing with Coronavirus anxiety: <https://youtu.be/dMOhYAubXG0>
- Recovery Resources: Here are links to online meetings in case your local meetings are being canceled.
 - www.smartrecovery.org/community/calendar.php
 - www.12step.org/social/online-meetings
 - www.addictionrecoveryguide.org/.../on.../online_meetings
 - www.intherooms.com/home

- na.org/?ID=virtual_meetings
- www.12step-online.com/meetings/online-aa-meetings.

- **Fitness:**
 - [At home fitness classes posted in Philadelphia Magazine](#)

- **Meditation:**
 - Oprah & Deepak Chopra [21-day \(Free\) meditation: Finding hope in uncertain times](#)

