Resources from the Los Angeles County Department of Mental Health (LACDMH):

“Coping with Stress During Infectious Disease Outbreaks”
   ● [Handout - English Version](#)
   ● [Handout - Spanish Version](#)

“Maintaining Health and Stability During COVID-19”
   ● [Handout - English Version](#)
   ● [Handout - Spanish Version](#)

“Staying Connected During Physical Distancing”
   ● [Handout - English Version](#)
   ● [Handout - Spanish Version](#)

“Alleviating Fear and Anxiety During Essential Trips in Public”
   ● [Handout - English Version](#)
   ● [Handout - Spanish Version](#)

“Understanding the Mental Health and Emotional Aspects of COVID-19”
   ● [Handout - English Version](#)
   ● [Handout - Spanish Version](#)

“Coping with the Loss of a Loved One”
   ● Handout
   ● Translations pending for additional languages.

“Your Wellbeing on Your Terms”:
   ● [Handout - English Version](#)
   ● [Handout - Spanish Version](#)

Please visit this [link](#) for more translated handouts in additional languages.

Resources for Community and Peer Support (Compiled by LACDMH)

   ● [Peer Support Network](#), Project Return (PRPSN)
   ● [Community Connections in Times of Physical Separation](#), Each Mind Matters
   ● [Teens Helping Teens](#), Teen Line Online
   ● [Support Services](#), Project Return Peer Support Network

Resources for Families, Parents, and Children (Compiled by LACDMH)

   ● [How to Talk to Kids About Coronavirus](#), The New York Times
   ● [Helping Children Cope with Emergencies](#), Center for Disease Control and Protection
   ● [10 tips for talking to your kids about COVID-19 with your kids](#), PBS SoCal
   ● [Caring for Children in a Disaster](#), Centers for Disease Control and Prevention
   ● [Coping After a Disaster](#), U.S. Department of Health and Human Services
   ● [Just For Kids: A Comic Exploring The New Coronavirus](#), NPR
● **How to Talk to Your Anxious Child or Teen About Coronavirus**, Anxiety and Depression Association of America

Resources for Physical Distancing (Compiled by LACDMH)

● **How to Fight the Social Isolation of Coronavirus**, AARP  
● **Community Connections in Times of Physical Separation**, Each Mind Matters  
● **Tips for Social Distancing, Quarantine, and Isolation During an Infectious Disease Outbreak**, Substance Abuse and Mental Health Services Administration  
● **Strategies for Coping with Isolation and Loneliness During the Coronavirus Pandemic**, Northwestern University

Resources for General Mental Health Management (Compiled by LACDMH)

● **Coping with a Disaster or Traumatic Event**, Center for Disease Control and Prevention  
● **Taking Care of Your Emotional Health**, Center for Disease Control and Prevention  
● **PsychHub**, Well Being Trust  
● **Disaster Distress Helpline**, Substance Abuse and Mental Health Services Administration

**Resources from the National Alliance on Mental Illness (NAMI)**

Information and Resources on COVID-19

● **NAMI Guide**

Mental Health Tips, Public Health News and Resources

● **Website**  
  ○ **Coronavirus: Mental Health Coping Strategies**  
  ○ **Maintaining Stress for Better Mental Health**

**Resources from the Center for Disease Control and Prevention (CDC)**

Anxiety and Stress Management

● **Website**

Coping with Disaster or Traumatic Event - Left off here

● **Website**

Taking Care of Your Emotional Health

● **Website**

Reducing Stigma During COVID-19

● **Website**
Resources from Mental Health America (MHA)

Website

Mental Health Information for Disease Outbreaks

- **Living With Mental Illness During COVID-19 Outbreak– Preparing For Your Wellness**
  - This webpage provides information and wellness tips for individuals living with mental health conditions during the COVID-19 outbreak.

- **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.

- **Compassion Fatigue, Empathy Burnout For Health Care Workers: Which Is It?**
  - Compassion fatigue and empathy burnout for health care workers can be similar and can occur for anyone working with individuals who are experiencing physical and/or emotional stress.

- **Protective And Risk Factors For Toxic Stress**
  - It is important to know the risk and protective factors for toxic stress. Recognizing and addressing toxic stress early can help us to increase protective factors and reduce its effects.

- **Coronavirus and Emerging Infectious Disease Outbreak 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.

- **Coronavirus Anxiety—Helpful Expert Tips and 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.

- **COVID-19: Potential Implications for Individuals with 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.

- **COVID-19: 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, to treat their opioid use disorder who might be wondering how COVID-19 will impact their ability to get these critical medications.

- **COVID-19: Mental health in the age of coronavirus**
  - 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.
- **COVID-related Mental Health and Recovery Resources**
  - A Guide from Tempest on companies and organizations that offer online support for individuals, including those with eating disorders and alcohol or substance use concerns.

- **Dermatillomania During COVID-19**
  - 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.

- **Free and Low Cost Support for Individuals Living With Eating Disorders**
  - 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.

- **Frequently Asked Questions on Mental Health, Mental Illness, and COVID-19**
  - The National Alliance on Mental Illness (NAMI) created a document to help guide individuals that have specific questions about their mental health situations.

- **Managing Stress and Anxiety related to COVID-19**
  - 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.

- **Mental Health Considerations during COVID-19 Outbreak**
  - These mental health considerations were developed by the WHO Mental Health Department as support for mental and psychological well-being during COVID-19 outbreak.

- **Mental health and wellness during a public health crisis**
  - 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.

- **Protecting Your Mental Health During the COVID-19 Pandemic**
  - A message from Brandon Staglin, President of One Mind, on prioritizing wellbeing during COVID-19.

- **Resources for the OCD and related disorders community during the COVID-19 outbreak**
  - This page from the International OCD Foundation provides information about COVID-19 for individuals with OCD and related disorders.

- **People with Disabilities, Medical Conditions & Older Adults**
  - The Southeast ADA Center compiled resources specific for individuals with disabilities.

- **Shrink Speak: COVID-19 Crisis**
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.

- **Part 1**
- **Part 2**
- **Part 3**

**Tips For Social Distancing, Quarantine, And Isolation During An Infectious Disease Outbreak**
- 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.

**When Home Becomes The Workplace: Mental Health And Remote Work**
- 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.

**How-To Articles on COVID-19 from Wikihow**
- Wikihow provides a plethora of information about coping with COVID-19 in an easy to follow format.
- **Financial Support**

**COVID-19 Ancillary Costs**
- 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.

**Facebook Small Business Grants**
- Facebook is offering $100M in cash grants and ad credits for up to 30,000 eligible small businesses.

**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.

**Paycheck Protection Program (PPP) Information Sheet**
- 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.

**How The Treasury Department is Taking Action**
- 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.

**COVID-19 Emergency Food Assistance Program for People with Cancer, Rheumatoid Arthritis, and Multiple Sclerosis**
- The program supports patients with cancer, multiple sclerosis or rheumatoid arthritis who are unable to afford or access food or nutritional needs due to COVID-19. Qualified patients will receive a one-time grant in the amount of $500.
to cover groceries, food delivery or pick up, and medically tailored meals and can request complimentary delivery of food and other critical supplies directly to their place of residence by one of TR’s Greyshirt volunteers.

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Tools and Information on Anxiety

- **Mental Health Screening Tools**
  - 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.

- **What is Anxiety?**
- **Anxiety Information and Support**
- **Care for your Coronavirus Anxiety**
- **Staying Grounded**
- **Meditations and Calming Exercises**
Tools to Connect with Others

- **Social Support: Getting And Staying Connected**
- **MHA’s Inspire Community**
  - 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.
- **Depression and Bipolar Support Alliance (DBSA)’s Online Support Groups**
- **Lyf App**
  - 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.
- **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.
- **#JustCheckingIn**
  - IDONTMIND started a campaign to connect people who are practicing social distancing and encourage others to join in using the hashtag #JustCheckingIn on Instagram.
- **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.
- **/r/COVID19-support**
  - This is a subreddit offering help and support for those feeling overwhelmed by the news on COVID19.
- **Online/Phone Meeting Resources for Substance Use Disorder**
  - 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.
- **In The Rooms**
  - In The Rooms is a free online recovery tool that offers 130 weekly online meetings for those recovering from addiction and related issues.
- **Online Support Community for Parents & Caregivers of Individuals with Substance Use Disorders**
  - 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.
- **12steps.org**
○ This is a calendar of online meetings at various different recovery-related websites.

- **Coronavirus (COVID-19) Support Group and Discussion Community**
  ○ MHA Partner, Inspire, created a forum where individuals impacted by COVID-19 can connect and share their concerns.

**Resources for Immediate Response**

- **Disaster Distress Helpline**
  ○ Call 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.

- **Crisis Text Line**
  ○ Text MHA to 741741 and you'll be connected to a trained Crisis Counselor. Crisis Text Line provides free, text-based support 24/7.

- **The Trevor Project**
  ○ Call 1-866-488-7386 or text START to 678678. A national 24-hour, toll free confidential suicide hotline for LGBTQ youth.

- **Trans Lifeline**
  ○ 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.

- **Dial 2-1-1**
  ○ 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.

- **National Domestic Violence Hotline**
  ○ For any victims and survivors who need support, call 1-800-799-7233 or 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.

- **The 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.

- **Caregiver Help Desk**
  ○ Contact Caregiver Action Network's Care Support Team by dialing 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.

- **The Partnership for Drug-free Kids Helpline**
  ○ Call 1-855-378-4373 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.

Resources for Parents

- Parenting during Coronavirus
- Talking to Kids about COVID-19
- Cómo hablar con los niños sobre el coronavirus
- Talking to Children About COVID-19 (Coronavirus): A Parent Resource
- Supporting Kids During the COVID-19 Crisis
- How to Avoid Passing Anxiety on to Your Kids
- Talking to Kids about Fear and Violence
- The Parent Guide to Resilience
- List of Live Webcams, Virtual Tours, and Virtual Field Trips
- Scholastic Learn at Home Free Resources
- Smithsonian Distance Learning Resources
- Virtual Field Trips from Discovery Education
- Free Learning Resources from Lakeshore Learning Materials
- List of Education Companies Offering Free Subscriptions due to School Closings
- How to Talk to Your Anxious Child or Teen About Coronavirus

Resources for Caregivers

- Family Caregiver Mental Health And COVID-19
- Caregiving for a Person with a Mental Illness
- COVID-19 and Family Caregiving
- Care for Caregivers: Tips for Families and Educators
- Caring for someone at home during COVID-19
- Caregiver Action Network
- National Alliance for Caregiving

Resources for Older Adults

- National Council on Aging
- Do Your Part to Stem COVID-19: An Intergenerational Call to Action
- Older Adults & Isolation during COVID-19

Resources for Domestic Violence Survivors

- Information on COVID-19 for Survivors, Communities, and DV/SA Programs
  - 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.
- National Domestic Violence Hotline
For any victims and survivors who need support, call 1-800-799-7233 or 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.

Resources for LGBTQ+ Individuals

- **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.

- **9 Strategies for Quarantining in a Non-LGBTQ+ Affirming Environment**
  - 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.

- **COVID-19 Resources** (GLAD)

Resources for Veterans

- **COVID-19 Resources for Veterans from the House Committee on Veterans’ Affairs**
- **Free Resources for Veterans, Military, and Their Families** (AARP)
- **Coronavirus (COVID-19): Resources for Managing Stress** (VA)
- **Coronavirus FAQs** (VA)

Free Apps and Digital Mental Health Resources

- **NYC Well Website**
  - PDF