

# WELLNESS RESOURCES FOR COPING WITH THE CORONAVIRUS



These are challenging times, especially for the most vulnerable among us. The novel coronavirus arrives at a desperate moment for a country already struggling to improve mental health and well-being outcomes.

As we rise to the unique challenges presented by this virus, **the importance of our personal relationships becomes even clearer.** As individuals, families, co-workers and communities, we must remember that we are all in this together.

For immediate needs, we have put together this list of helpful resources in these trying times.



## FROM WELL BEING TRUST

Resources created and curated by us to inform on the challenges we face as a nation and to provide aid to those who need it most.

- [Flattening the 2nd Curve](#)
- [Wellness Resources for Caregivers](#)
- [Wellness Resources for the General Public](#)
- [COVID-19: The Triple Threat Against Our Well Being](#)
- [Work2BeWell](#)
- [Coronavirus Resources Hub](#)
- [WBT Efforts in the Time of COVID-19](#)
- [CredibleMind's COVID-19](#)

## FOR EVERYONE

Resources for anyone struggling with the effects of this outbreak. Taking the time to care for your mental health is key to getting through these current hardships.

- [CDC: Taking Care of Your Emotional Health](#)
- [SAMHSA: Coping with Stress During Infectious Disease Outbreaks](#)
- [SAMHSA: Taking Care of Your Behavioral Health](#)
- [SAMHSA: How to Cope with Sheltering in Place](#)
- [ADAA: Compassionate Guide to Anxiety During the COVID-19 Pandemic](#)
- [NAMI: COVID-19 Resource and Information Guide](#)
- [National Suicide Prevention Lifeline: Emotional Wellbeing During the COVID-19 Outbreak](#)

## FOR COMMUNITIES

Resources for communities and their leaders. It is common for people to feel isolated at this time. It's important to remind them: We are in this together, even though we are apart.

- **SAMHSA: [Disaster Behavioral Health Preparedness and Response Resources](#)**
- **National Center for PTSD: [For Providers and Community Leaders: Helping People Manage Stress Associated with the COVID-19 Virus Outbreak](#)**
- **Center for the Study of Traumatic Stress: [Psychological Effects of Quarantine During the Coronavirus Outbreak: What Public Health Leaders Need to Know](#)**

## FOR FIRST RESPONDERS

Resources for our first line of defense against COVID-19. You have been asked to take on daunting challenges. Don't forget to take care of yourself, too.

- **CDC: [Tips for Taking Care of Yourself](#)**
- **SAMHSA: [Preventing and Managing Stress](#)**
- **SAMHSA: [Understanding Compassion Fatigue](#)**
- **CDC: [Reducing Risks Associated with Long Work Hours](#)**
- **U.S. Department of Labor: [Resilience Resources for Emergency Response](#)**
- **NVFC: [Reset and Recharge: Taking Care of Our Mental Health in Uncertain Times](#)**

## FOR PARENTS

Resources for those caring for children. This is a confusing time for all of us. Be open with your child about the situation, pay attention to their emotions and reassure them when you can.

- **CDC: [Helping Children Cope](#)**
- **National Child Traumatic Stress Network: [Parent/Caregiver Guide to Helping Families Cope with COVID-19](#)**
- **WHO: [Parenting in the Time of COVID-19](#)**
- **Healthychildren.org: [Families of Children and Youth with Special Health Care Needs](#)**

## FOR SPECIFIC POPULATIONS

Resources for groups that have been historically marginalized. There is strength in knowing your risks and connecting with a group of your peers.

- **Urban Indian Health Institute: [Physically Distant but Socially Close: Indigenous Resilience and COVID-19](#)**
- **Center for American Indian Health: [Elder Mental Health During COVID-19 for Care Providers](#)**
- **Human Rights Campaign; SAGE: [COVID-19 & LGBTQ Older People](#)**
- **National LGBT Cancer Network: [Coronavirus Information Center](#)**
- **National Center for Transgender Equality: [The Coronavirus Guide](#)**

**HELPLINES** When you need support, ask for it. There are people waiting to listen.

**SAMHSA's Disaster Distress Helpline:** [1-800-985-5990](tel:1-800-985-5990)

**National Domestic Violence Hotline:** [1-800-799-7233](tel:1-800-799-7233)

**National Suicide Prevention Lifeline:** [1-800-273-8255](tel:1-800-273-8255)

