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
- 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
- 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
National Domestic Violence Hotline: 1-800-799-7233
National Suicide Prevention Lifeline: 1-800-273-8255