COVID-19/At-Home Mental Health Resource List

**Fact Sheets**

* CDC Managing Stress and Anxiety during COVID-19 Pandemic <https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>
* CDC Preparedness resources <https://www.cdc.gov/coronavirus/2019-ncov/php/pandemic-preparedness-resources.html>
* NASP Talking to children about COVID-19 (multilingual resources available) [https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource](https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-%28coronavirus%29-a-parent-resource)
* NCTSN Caregiver COVID-19 Preparedness fact sheet <https://www.nctsn.org/sites/default/files/resources/fact-sheet/outbreak_factsheet_1.pdf>
* SAMSHA Taking care of behavioral health during an infectious disease outbreak <https://store.samhsa.gov/product/Taking-Care-of-Your-Behavioral-Health-During-an-Infectious-Disease-Outbreak/sma14-4894>

**Crisis and Hotlines**

* Call 911 if you are in danger and in need of immediate help
* List of common hotline numbers (USA only) <https://psychcentral.com/lib/common-hotline-phone-numbers/>
* Support, mobile crisis, referrals, suicide prevention by talk/text/chat through NYCWell 1-888-NYC-Well (1-888-692-9355); Text: “Well” to 65173; Chat: nyc.gov/nycwell
* Gender-Based Violence/Domestic Violence coping and support <https://www.safehorizon.org/emergency/>
* NYC Domestic Violence and Sexual Assault Hotline at 800-621-4673 (HOPE), TTY: 866-604-5350 (if you are hearing impaired), or call 311 and ask for the hotline

**Teletherapy**

* To find a therapist, search <https://www.psychologytoday.com/us/therapists> and filter by therapists who offer teletherapy
* Type therapy (just put in therapy) in the search bar on <https://theshrinkspace.com/>. When you get to the result page, use the more tab (usually it is the last tab on the top). Filter under the***Therapeutic Modality*** *- online* and click apply. Fordham students sign up with Fordham email.
* Teletherapy [headway.co](http://headway.co/): All Headway therapists accept insurance for teletherapy sessions, and Headway automatically calculates copays & deductibles for patients with their insurance member ID
* 1 free coaching session for freelancers, artists, and entrepreneurs struggling with the impact of COVID-19 on their professions <https://calendly.com/lisa-husseini/covid?month=2020-03>
* Free teletherapy for healthcare workers via spiritof1848.org providers, fill out questionnaire: <https://forms.gle/axuxuGCnjqwwqRks5>
* 7 Cups of Tea: Free online peer counseling trained in active listening <https://www.7cups.com/>

**Support Groups**

* Virus Anxiety Toolkit <https://www.virusanxiety.com/>
* NAMI online support groups and hotline for people with mental illness and for caregivers and friends of people with mental illness <https://www.nami.org/getattachment/Press-Media/Press-Releases/2020/COVID-19-and-Mental-Illness-NAMI-Releases-Importan/COVID-19-Updated-Guide-1.pdf?lang=en-US>
* Virtual Support Groups at Mountainside.com:for people in addiction recovery, groups for loved ones of people in recovery and a group for first responders + healthcare workers <https://mountainside.com/about-us/events/virtual-support-groups>
* Turn2Me online support groups <https://turn2me.org/group-supports>
* +sg support groups <https://www.supportgroups.com/online>
* Eventbrite can be searched for online COVID-19 support groups, like <https://www.eventbrite.com/e/online-covid-19-support-group-tickets-100052716368>
* Daily Strength: An active online support group for anxiety <https://www.dailystrength.org/group/anxiety>
* The Tribe online anxiety peer-to-peer support group <https://support.therapytribe.com/anxiety-support-group/>
* QueersOnZoom: LGBTQ+ community support <http://bit.ly/QueersOnZoom>
* LGBTQ community support on Slack and virtual hangouts by Out in Tech <https://linktr.ee/outintech> or on instagram at @outintech and @hellomynameiswednesday
* Online sobriety resources can be found by googling AA, NA, Al-Anon, Tempest, and In the Rooms
* Many support groups for specific groups and concerns exist on Facebook and meetup.com. Try searching depression support, [identity group] support, [name of your city or locality] support, etc. Groups for COVID-19 support for specific neighborhoods are also popping up more and more on Facebook.

**Family Resources**

* Child Mind telehealth and mental health resources for children and adolescents: 212-308-3118 or childmind.org
* How to set healthy boundaries (tips and worksheets) <https://positivepsychology.com/great-self-care-setting-healthy-boundaries/> and <https://www.healthline.com/health/mental-health/set-boundaries#boundary-basics-and-benefits>
* Dealing with toxic family members <https://www.mindbodygreen.com/articles/heres-how-to-deal-with-toxic-family-members>
* How to talk to family and friends about your mental health needs <https://www.nami.org/find-support/living-with-a-mental-health-condition/disclosing-to-others>
* How to get alone time when at home with family <https://herviewfromhome.com/how-to-make-personal-time-when-you-are-never-alone-this-tip-changed-my-life/> and <https://www.purewow.com/family/how-to-get-alone-time-surrounded-by-family>
* Resources for parents on how to provide support for their children

<https://www.childtrends.org/publications/resources-for-supporting-childrens-emotional-well-being-during-the-covid-19-pandemic> and [https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource](https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-%28coronavirus%29-a-parent-resource)

**Relaxation and General Coping Resources**

* Coping with social isolation: <https://psychcentral.com/blog/quarantine-quandaries-how-to-beat-the-hum-drum-of-isolation/> and <https://blogs.psychcentral.com/narcissism/2020/03/tips-for-self-isolation-heres-how-to-be-happy-being-home-24-7/>
* Apps: Stressbusters, CalmHarm (for SI/SH), Clear Fear (for anxiety attacks and dissociative episodes), What’s Up, Mind Shift
* NYT The Calm Place <https://www.nytimes.com/2018/11/05/style/self-care/the-calm-place-on-the-internet.html>
* Many yoga studios and gyms are offering reduced rate online versions of their regular classes -- reach out to your local gym or studio for info!
* Zoom/live video meditation and yoga classes <https://www.spiritual-alignment.com/classes.html>
* Free yoga, guided meditation, exercise classes are available on YouTube and wherever podcasts are found (e.g., Three Dog Yoga, Quietmind Yoga, Power of the Om, AMYoga, Embraced Podcast).
* Ashtanga Yoga NY classes on Zoom and Instagram (free/donation) at [www.eddiestern.com](http://www.eddiestern.com)
* Mental health podcasts by women of color <https://www.justdavia.com/blog/5-mental-health-podcasts-by-therapists-of-color>
* Coping skills worksheets and toolkit <https://www.bcbe.org/cms/lib/AL01901374/Centricity/Domain/1760/Coping%20Skills%20Toolkit.pdf>
* Acceptance and Commitment Therapy (ACT) videos (for anxiety, depression, OCD, low self-worth, etc.) <https://contextualscience.org/free_videos_learning_about_and_applying_act>
* ACT book chapters and worksheets <https://www.actmindfully.com.au/free-stuff/worksheets-handouts-book-chapters/>
* Free month of courses on The Great Courses -- some are mental-health or coping related <https://www.thegreatcoursesplus.com/>
* Online Art Therapy <https://www.ifyouwereherenow.art/>
* Information from NAMI (National Alliance on Mental Illness) on COVID and how to deal with the situation

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

**Arts & Entertainment**

* Virtual COVID-19 Concert Building: Group for artists to share and build online performances, and for patrons to find online concerts to attend <https://www.facebook.com/groups/covidartistpatronalliance/>
* Gibney dance and exercise classes, support for professional artists <https://mailchi.mp/gibneydance/coronavirus-resources>
* StayAtHome Festival [https://stayathomefestival.com/](https://stayathomefestival.com/?fbclid=IwAR1K_sfkY7nToU_qUJKc4FB15mdTTDN0yasWOJMXxG0km8cc0YHHdEvwl_w)
* Social Distancing Festival <https://www.socialdistancingfestival.com/>
* Virtual mini-Indian classical arts camp <https://navatmaninc.thundertix.com/>
* Online streamed dance classes & dance community: <https://www.dancingalonetogether.org/>
* Free online courses at ivy league universities <https://www.freecodecamp.org/news/ivy-league-free-online-courses-a0d7ae675869/>

**Financial Resources**

* Remote job opportunities <https://covid19freelanceartistresource.wordpress.com/?ref=spelling#JOBS>
* Many people are looking for childcare -- ask around in your networks or on Facebook!
* All NYC schools are offering families free pick-up and go breakfast and lunch. Call 311 or use the NYC school finder for your nearest school: <https://www.nycenet.edu/schoolsearch?fbclid=IwAR3U-w8ccj28f1HJcbArY0hWLg2Ml24diYODkqkElMLO9Aj-Q4QNchS49uw>
* Financial resources for artists and performers (including SNAP and welfare info) <https://mailchi.mp/gibneydance/coronavirus-resources>
* Funding resources for artists <https://creative-capital.org/2020/03/13/list-of-arts-resources-during-the-covid-19-outbreak/>
* National Performance Network resource list <https://mailchi.mp/npnweb/npn-needs-partner-logos-for-website-deadline-wed-oct-23rd-1398528>
* Freelancers Union <https://covid19freelanceartistresource.wordpress.com/>

**For Mental Health Clinicians**

* APA Telepsychology Guidelines <https://www.apa.org/pubs/journals/features/amp-a0035001.pdf>
* APA Supervision Guidlines <https://www.apa.org/about/policy/guidelines-supervision.pdf>
* APA CE Office: Resources on Telehealth <https://www.apa.org/ed/ce/telehealth>
* APA COVID-19 Healthcare Professional Resources <https://www.apa.org/practice/programs/dmhi/research-information/pandemics>



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