

General Mental Health Services:

National Suicide Prevention Lifeline: 24/7, confidential, and free

- *Call 1-800-273-8255 for distress, prevention and crisis resources for you or your loved ones, and best practices for professionals or **online chat** [here](#)*

SAMHSA Disaster Distress Helpline: 24/7, confidential, and free

- *Call 1-800-985-5990 or text **TalkWithUs** to 66746 to access the national hotline dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster.*

Mental Health America:

- *Free online screening tools for mental health conditions [here](#)*
- *General resource list for COVID-19 and mental health [here](#)*
- *For Virginia constituents:*
 - *The Mental Health America of Virginia Warm Line is available at 1-866-400-MHAV (6428) for mental health resources and referrals in Virginia*

Therepeasy:

- *Help get matched to an online mental health provider [here](#)*
- *Totally free, accessible, and instant matching with a therapist*

American Psychological Association Help Center:

- *List of national and statewide hotlines for support [here](#)*
- *Search tool to find a psychologist near you for longer-term help [here](#)*

Crisis Text Line: 24/7, confidential, and free

- *Free texting service that can be accessed by **texting HOME** to 741741 for free, 24/7 crisis counseling*

HelpGuide:

- *A guide to mental health and wellness, with COVID-19 resources available [here](#)*

The Jed Foundation: 24/7, confidential, and free

- *Text **START** to 741-741 or call 1-800-273-TALK (8255) for emotional health and suicide prevention support*

Violence & Abuse:

[Direct Care/Hotlines:](#)

Virginia Sexual and Domestic Violence Action Alliance: 24/7, confidential, and free

- *Call 1-800-838-8238 or text 804-793-9999 for safety planning and support from the Family Violence and Sexual Assault Virginia Hotline, or if you're unable to speak safely you can live chat [here](#)*
- *Call 1-866-356-6998 or text 804-793-9999 for support via the LGBTQ Partner Abuse and Sexual Assault Helpline, or if you're unable to speak safely you can live chat [here](#)*

Childhelp National Child Abuse Hotline: 24/7, confidential (with mandatory reporters if applicable), and free

- Call or text **1-800-4-A-CHILD(1-800-422-4453)** for help, or if you're unable to speak safely you can live chat [here](#)
- For more information about Childhelp, you can access their website [here](#)

National Domestic Violence Hotline: 24/7, confidential, and free

- 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**.
- Para información en español, visita la página "En Español."
- For Deaf Services, you can contact nationaldeafhotline@adwas.org or by calling **1-800-787-3224(TTY)** or **1-855-812-1001(Video Phone)**
- Staying Safe During COVID-19 Resource - [here](#)

National Sexual Assault Hotline: 24/7, confidential, and free

- Call **800.656.HOPE(4673)**, or if you're unable to speak safely, you can log onto live chat [here](#) with a confidential staff member

StrongHearts Native Helpline: 7:00 a.m. to 10:00 p.m. daily, confidential, and free

- Call **1-844-7NATIVE (1-844-762-8483)** to speak with an advocate
- Access a "what to expect when you call" information page [here](#)

Trans Lifeline Peer Support Hotline: 24/7, confidential, and free

- Call **877-565-8860** to speak with an operator who identifies as trans or gender non-conforming/questioning
- More information on the Trans Lifeline and its services are available [here](#)

Sex Workers Outreach Project: 24/7, confidential, and free

- Call **(877)-776-2004** to access a volunteer-staffed warmline where current and former sex workers, activists and others seeking peer support can access direct support
- More information on the Sex Workers Outreach Project (SWOP-USA) can be found at [this website](#)

Safe Harbor Shelter & Greater Richmond Regional Hotline, 24/7, confidential, and free

- Call **804-612-6126** to talk to someone about your experience with domestic and/or sexual violence and to access services at the Richmond Safe Harborshelter

National Helpline for Men Who Were Sexually Abused or Assaulted: 24/7, confidential, and free

- Log onto live chat [here](#) with a confidential staff member

St. Mary's Hospital Forensic Nursing (Richmond): 24/7

- The forensic nurses can be reached through the Emergency Department at **(804) 281-8184** or **(804) 281-8574** during normal business hours
- Assist with child abuse, sexual abuse, physical abuse, domestic violence, intimate partner violence, elder abuse, and workplace violence

[Additional Resources for Survivors:](#)

- [2020 Action Alliance Directory of Sexual & Domestic Violence Member Agencies](#), for a comprehensive list of advocacy services in the state of Virginia
- [Pods and Pod Mapping Worksheet](#), for identifying support people in your life
- [Coronavirus Aid, Relief, and Economic Security \(CARES\) Act](#) information
- [myPlan App](#), for helping with safety decisions regarding intimate partner violence
- ["Staying Safe During COVID-19"](#), article and resources from the National Domestic Violence Hotline
- ["Ways to help children and adults living with violence"](#) information and tips from FUTURES Without Violence (also available [en Español](#))
- [Womenslaw.org](#), legal resources for survivors and resources that help
- [National Sexual Violence Resource Center \(NSVRC\)](#), information for survivors, advocates, friends, family, and press inquiries
- [Stop It Now](#), resources for parents and caregivers to keep children safe from sexual violence and abuse
- [National Adult Protective Services Association \(NAPSA\)](#), serving older adults and adults with disabilities who are in need of assistance
- [Know Your IX](#), resources for survivors
- [University of Richmond Center for Awareness, Response, and Education](#), survivor support
- [Minnesota State University Mankato Resources for Victims, Survivors, Family, and Friends](#), information dedicated to intimate partner violence, sexual assault, stalking, and sexual harassment
- ["Recovering from Rape and Sexual Trauma"](#), HelpGuide article with steps to healing
- [Q&A: Violence against women during COVID-19](#), from the World Health Organization
- ["Where to get help in Virginia if you're experiencing domestic violence"](#), from 6News Richmond

Useful Articles, Links, and Resources for Allies and Activists:

- [Know Your IX](#), resources for friends and family
- [Know Your IX](#), college resources
- ["8 ways to help survivors of sexual assault"](#), ways to be there for a survivor
- [Resources on the Department of Education's Final Title IX Regulation](#), with videos and information on the final Title IX campus sexual assault regulations
- ["How Concerning Are the Trump Administration's New Title IX Regulations?"](#), an article from the New Yorker
- [ACLU Comment on Department of Education's Final Title IX Rule on Sexual Harassment](#), from the American Civil Liberties Union with actions to take
- [Know Your IX v. DeVos](#), legal document
- [TIMES UP](#), an organization pushing for women to feel safe at work

- [RAINN Student Activism](#), print materials, social media campaigns, survivor speaker series, and safety planning for students
- [“#MeToo Won’t Succeed If We Don’t Listen to Black Women”](#), an article from Healthline discussing the importance of black female activism during #MeToo
- [Stop Sexual Assault in Schools Activism Toolkit](#), a one-stop resource that helps parents and allies find out what their schools are doing about sexual harassment

Racial & Ethnic Violence/Discrimination:

Hotlines and Direct Support Mental Health Resources for POC:

Black Emotional and Mental Health (BEAM) Collective:

- Dedicated to the healing, wellness, and liberation of Black and marginalized communities, with a Black Virtual Therapist Directory tool [here](#)

Community Healing Network:

- Emotional Emancipation Circles (EECs) are evidence-informed, psychologically sound, culturally grounded, and community-defined self-help support groups designed to help heal the trauma caused by anti-Black racism
- Sign up to stay in touch [here](#)

African American Therapists in Virginia:

- PsychologyToday has compiled a list of African American therapists and social workers in Virginia along with their contact information [here](#)

The Loveland Foundation

- Access for Black women and girls apply for free mental health services through The Loveland Foundation Therapy Fund
- Learn more about the services and application process [here](#)

Men To Heal:

- An [initiative](#) that encourages men to pay more attention to their overall wellness, mental and physical health, to communicate effectively and increase their knowledge of self, especially African American men who face additional stigma
- The founder, James Harris, hosts quarterly sessions within the local community in Virginia or virtually in other states through [The Healing Hub](#)

VictimConnect Hotline: confidential, free, Monday – Friday from 8:30 am – 7:30 pm ET

- Call 1- 855-4-VICTIM or live chat [here](#) for information or assistance in locating services that can help you or a loved one after experiencing a hate crime

Virginia Attorney General’s Office, Mark R. Herring:

- If you need assistance, please contact human_rights@oag.state.va.us and 1-855-NOH8VA1(1-855-664-8821).
- [NO HATE VA](#) has resources for victims of hate crimes, housing and employment discrimination, harassment and intimidation, and physical injuries in Virginia

National Asian American Pacific Islander Mental Health Association (NAAPIMHA):

- *This resource provides mental health and behavioral services for Asian Americans, Native Hawaiians, and Pacific Islanders [here](#)*
- *COVID-19 resources for Asian Americans are available [here](#)*

Southeast Asia Resource Action Center:

- *The SEARAC has compiled a comprehensive list of COVID-19 Rapid Response Resources for Asian Americans in each U.S. state [here](#)*

Asian Americans Advancing Justice:

- *Hate crime reporting form can be found in multiple languages [here](#)*

Asian Therapists in Virginia:

- *List from [Psychology Today](#) of Asian therapists across the state of Virginia*

Asian American Suicide Prevention & Education: 24/7, confidential, and free

- *If you or someone you know is concerned about the risk for suicide, **call the Asian LifeNet Hotline at 1-877-990-8585** (available in Cantonese, Mandarin, Japanese, Korean, and Fujianese)*

APALA COVID-19 Community Fund:

- *Fund to help workers and their families with direct financial support, with a one-time payment of \$500 to support families who are ineligible for other forms of government assistance due to immigration status or other barriers*
- *The application can be accessed [here](#)*

Mental Health and Self-Care Resources for POC:

- [Black Girl Magik's COVID-19 Global Resource Guide](#), list of mental health services for anxiety during COVID-19 for people of color
- [Black Emotional and Mental Health Collective \(BEAM\)](#), dedicated to the healing, wellness, and liberation of Black and marginalized communities
- [Therapy for Black Girls](#), notes from Dr. Joy's "Racism and Mental Health" Podcast
- [The Siwe Project](#), a global non-profit promoting mental health awareness throughout the global black community
- ["Family-Care, Community-Care and Self-Care Tool Kit: Healing in the Face of Cultural Trauma"](#), developed by and for people of African ancestry to comfort and inspire the Black community in these difficult times
- [Mental Health America National](#), information on minority mental health
- [National Alliance on Mental Illness \(NAMI\) Sharing Hope Program](#), a presentation that can help increase mental health awareness in African American communities
- [Black Mental Health Matters](#), an Instagram page focused on mental health resources and inspiration from a Black creator, [@gabriellemlee](#)
- [National Black Nurses Association](#), the professional voice for over 200,000 African American registered nurses, licensed vocational/practical nurses, nursing students, and retired nurses

- [National Black Child Development Institute](#), an organization committed to the success and well-being of Black children
- [Black Mental Health Alliance](#), an organization committed to educating the public on culturally competent approaches for Black mental health
- [Asian American Psychological Association](#), with articles and resources for Asian American psychologists and people looking for mental health services
 - [AAPA COVID-19 Resources List](#)
- [“Stay Proud: Being Asian American Is a Good Thing”](#), by Alicia del Prado Ph.D. in *Psychology Today*
- [The May Lee Show #12 - “Coronavirus Crisis: How Asians Can Protect Themselves”](#), focuses on security and psychology
- [“Surviving Racism Amidst COVID-19”](#), by Yin J. Li in *Medium*
- [“Self-Care Tips For Asian Americans Dealing With Racism Amid Coronavirus”](#), by Brittany Wong in the *Huffington Post*
- [COVID-19 Resources for South Asian Americans](#), available in several languages
- [Resources for Asian-Owned Small Businesses](#), by John Suarez from *CVM*
- [Asian Pacific American Labor Alliance](#), COVID-19 Resources and guidance for worker protections
- [The National Queer Asian Pacific Islander Alliance \(NOAPIA\)](#), a federation of lesbian, gay, bisexual, and transgender (LGBT) Asian American, South Asian, Southeast Asian, and Pacific Islander (AAPI) organizations
- [Indiana University Bloomington Asian Culture Center](#), with resources for fighting racism and reporting hate crimes in COVID-19 times
- [The New York Coalition for Asian American Mental Health \(NYCAAMH\)](#), with lists of resources for COVID-19 relief and mental health services
- [Asian Americans for Civil Rights and Equality](#), focuses on long-term movement building, capacity infrastructure, and leadership support for Asian Americans and Pacific Islanders committed to social justice.

Useful Articles, Links, and Resources for Allies:

- [Anti-Racism Resources for White People](#), books, articles, podcasts, films, and organizations to engage in anti-racist work
- [Vera Institute of Justice](#), issues and projects around securing equal justice, ending mass incarceration, and strengthening families and communities
- [Project LETS \(Let’s Erase the Stigma\)](#), information on African American communities and mental health conditions
- [How To Talk with Other Whites About Racism](#), Beth Berila, Ph.D., transcribed a webinar that offers strategies for White racial justice allies to talk with other Whites about racism

- [The U.S. Department of Health and Human Services Office of Minority Health \(OMH\)](#), dedicated to improving the health of racial and ethnic minority populations
- [Black Lives Matter](#), with the mission to eradicate white supremacy and build local power to intervene in violence inflicted on Black communities
- [“Say Her Name: Resisting Police Brutality Against Black Women”](#), dedicated to Black women who have lost their lives to police violence and to their families
- [American Psychological Association Office of Ethnic Minority Affairs](#), seeks to increase scientific understanding of how psychology pertains to both race/ethnicity and culture, with resources and publications on race psychology
- [Racism Review](#), a list of documentaries about race and racism that teachers and allies should watch
- [“An Essential Reading Guide for Antiracism”](#), a compilation of books about race and racism that can help allies understand why people are protesting
- [National Museum of African American History & Culture](#), resources on how to be an active anti-racist advocate
- [Antiracism and America](#), a collaboration between The Guardian and American University’s Antiracist Research and Policy Center
- [BYSTANDER INTERVENTION TRAINING TO STOP ANTI-ASIAN/AMERICAN AND XENOPHOBIC HARASSMENT](#), by Hollaback!
- [“Confronting Anti-Asian Discrimination During the Coronavirus Crisis”](#), by Ed Park in the New Yorker
- [Code Switch Podcast: “When Xenophobia Spreads Like A Virus”](#), from NPR with Natalie Escobar
- [A Guide to Responding to Microaggressions](#), by Kevin L. Nadal
- [Asian American/Pacific Islander Communities And Mental Health](#), from Mental Health America National
- [“Mental Health Among Asian Americans”](#), by Koko Nishi from the American Psychological Association
- [“How to be an ally for Asian Americans facing racism amid COVID-19”](#), by MPRNews
- [“The long history of US racism against Asian Americans, from ‘yellow peril’ to ‘model minority’ to the ‘Chinese virus’”](#), by Adrian de Leon from The Conversation
- [“Fear sent her Chinatown restaurant spiraling. The challenges to reopening feel ‘just impossible.’”](#), by Hannah Knowles and Kim Bellware from Washington Post
- [Eight Asian-American, Pacific Islander Groups to Donate to](#), from NBC News
- [“Why we must talk about the Asian-American story, too”](#), by Brando Simeio Starkey from The Undeclared
- [Asian Americans PBS Segment](#), about the history of identity, contributions, and challenges experienced by Asian Americans

- [“I don’t scare easily, but COVID-19 virus of hate has me terrified: Reporter’s Notebook”](#), by Nydia Han from ABC
- [Asian American Organizations You Need to Know](#), a list of 20 organizations updated in May 2020 from Diversity Best Practices

LGBTQIA+ Support

Direct Care, Hotlines, & Support Groups:

The Trevor Project: 24/7, confidential, and free

- A national organization providing crisis intervention and suicide prevention services to (LGBTQ) young people ages 13-24.
- Call 1-866-488-7386 to access the TrevorLifeline suicide prevention and crisis intervention phone service or **online chat** [here](#)
- Text **START** to 678-678 to access confidential, 24/7 TrevorText with a counselor

LGBT National Hotline: free and confidential, M-F 4:00 pm-midnight & Saturday noon-5 pm (EST)

- Call 888-843-4564 or email help@LGBThotline.org to talk and receive resources for different issues and concerns including, but not limited to, coming out issues, gender and/or sexuality identities, relationship concerns, bullying, workplace issues, HIV/AIDS anxiety, safer sex information, suicide, and much more
- For LGBTQ folks under the age of 25, access the LGBT National Youth Talkline by calling 800-246-7743 or by emailing help@LGBThotline.org

Trans Lifeline: free and confidential, 10 am-4 am EST each day

- A trans-led organization that connects trans people to the community, support, and resources they need to survive and thrive
- Call 877-565-8860 in the U.S. or 877-330-6366 in Canada or email contact@translifeline.org for confidential support from trans-identifying counselors

CenterLink LGBT Community Center Member Directory

- Find LGBT health centers in each state through this directory [here](#)

Lambda Legal

- A national organization committed to achieving full recognition of the civil rights of lesbians, gay men, bisexuals, transgender people and everyone living with HIV through impact litigation, education and public policy work, website [here](#)

Virginia Anti-Violence Project LGBTQ+ Helpline, 24/7, confidential, and free

- Call 866-356-6998 or text 804-793-9999 for LGBTQ+ folks looking for information or help regarding intimate partner abuse, sexual assault, and stalking
- Access to live **online chat** [here](#)
- The VAVP also has individual support services and advocacy you can read [here](#)

Health Brigade

- *Virginia's oldest free clinic located in Richmond with medical, mental health, community outreach, and care coordination services for low-income and uninsured persons*
- *Call 804-358-6343 to speak to the medical clinic and check your eligibility to access [services here](#)*

LGBT Life Center

- *Empowers the LGBTQ communities and all people affected by HIV through improving health and wellness, strengthening families and communities, and providing transformative education and advocacy in Virginia*
- *Access the website [here](#) or use the [contact form](#) to talk to a professional*
- *Five locations in Norfolk and Newport News, Virginia*

National Queer and Trans Therapists of Color Network

- *The Mental Health Fund (MHF) for Queer and Trans People of Color provides financial support for QTPoC to work with psychotherapists in an effort to address the economic barriers inherent in healthcare and the mental health system*
- *The Mental Health Fund provides financial support for up to 6 sessions with a psychotherapist. Applicants can request up to \$100 per session. Learn more about the application process [here](#)*
- *The QTPoC Mental Health Practitioner Directory can be accessed [here](#) to find licensed practitioners across the country that are registered with the network*

Pride Institute:

- *The admissions staff is available 24/7 by calling 888-616-5031 for a no-cost assessment and through the online contact form [here](#)*
- *[The Pride Institute](#) supports LGBTQ folks in recovery from addiction and mental health issues, including a Residential Treatment Center Program, Partial Hospitalization with Lodging, Intensive Outpatient Program, and a Kindred Family Program with main campuses in Eden Prairie, Minneapolis, and Rochester, Minnesota as well as access to online educational topics [here](#)*

National Runaway Safeline: 24/7, confidential, and free

- *Call 1-800-786-2929, text 66008, or access [free online chat here](#) to assist runaway, homeless, and at-risk youth with crisis intervention and safety planning services*

[Additional Resources for LGBTQIA+ Folks:](#)

- *[Centers for Disease Control and Prevention \(CDC\)](#), list of LGBT Health Clinics by state and city*
- *[TrevorSpace](#), an online international peer-to-peer community for LGBTQ young people and their friends*
- *[EqualityVirginia](#), the leading advocacy organization in Virginia seeking equality for lesbian, gay, bisexual, and transgender people with legal and support resources*

- [**Trans Teens Online Talk Group**](#), a weekly moderated group for trans and gender-expansive youth ages 12 to 19, to talk in a safe space and to be able to fully express themselves 7-10 pm EST on Thursdays and Fridays
- [**O Chat Space**](#), an online community for LGBTQ+ teens to find and give support, have fun, connect around shared interests and get good information
- [**National Center for Transgender Equality**](#), Coronavirus (COVID-19) Guide for trans people and their families to stay safe
- [**“Going To Therapy As A QTPOC, Without Being Harmed, Erased Or Baffled”**](#), an article from BGD on finding the right therapist for you as a queer and/or trans person of color who needs support
- [**“Why I Needed to See a Queer Therapist \(And How You Can Find One, Too\)”**](#), an article from Them. on finding a queer-affirming therapist and resources to do so
- [**LGBTQ Youth: 4 Ways You Can Prepare to Safely Access Housing Services**](#), steps and information on your rights under HHS's rules
- [**GLAAD**](#), a dynamic media force that tackles tough issues to shape the narrative and provoke dialogue that leads to cultural change for LGBTQIA+ rights
- [**Black Transmen Inc.**](#), health care support services, support groups for Black Transmen/Transwomen/Non-Binary Folks, mentoring, housing stability services, and leadership conferences
- [**University of Richmond LGBTQ+ Campus and Community Resources**](#), with lists of local, national, and trans-specific resources in Richmond and around the country

Useful Articles, Links, and Resources for Allies:

- [**COVID-19 Mutual Aid Fund for LGBTQIA+ BIPOC Folks**](#), GoFundMe Page to donate to in support of queer communities of color struggling due to COVID-19
- [**True Colors United**](#), implements innovative solutions to youth homelessness that focus on the unique experiences of LGBTQ young people which you can donate to or take action with to pass important legislation with a [**Learning Community**](#) as well
- [**“The Ultimate LGBTQIA+ Pride Book List”**](#), compiled by Penguin Random House on books to read on LGBTQIA+ stories and history
- [**LGBTQ+ Films and Documentaries**](#), compiled by GLAAD on documentaries and films to watch this pride month on the stories and history of sexual freedom/rights
- [**Planned Parenthood Info and Resources for LGBTQ Teens and Allies**](#), list of resources and tips for allies when supporting the LGBTQ community
- [**GLSEN Ally Week**](#), resources on how to facilitate an Ally Week at your school in September as well as information on how to be an ally and support the LGBTQ+ community by recognizing your privilege
- [**Advocates for Youth**](#), works alongside thousands of young people here in the U.S. and around the globe as they fight for sexual health, rights, and justice

- [PFLAG Guide to Being a Straight Ally](#), a guide where all people who care about fairness can honestly and openly discuss and remove the barriers they face to becoming allies, get specific recommendations for action, and learn how to assist others
- [“9 Black LGBTQ Organizations to Donate to Right Now”](#), a list by Vanessa Maki on a list of Black-run nonprofits for racial and sexual justice to donate to now
- [Human Rights Campaign](#), a national network for Americans to become personally involved in the fight for lesbian, gay, bisexual, transgender and queer equality
- [Parents and Friends of Lesbians and Gays \(PFLAG\)](#), 400+ chapter network provides confidential peer support, education, and advocacy for LGBT people, their families, friends, and allies
- [LGBT Homelessness](#), statistics, action items, places to donate, and resources on understanding LGBT homelessness in the U.S.

Substance Use & Addiction

Direct Care, Hotlines, & Support Groups:

Young People in Recovery (YPR):

- More than 50 chapters across the country with virtual and in-person support groups, advocacy, and social events supporting young people in recovery from addiction to drugs and alcohol
- Join a chapter [here](#) and learn more about the services YPR offers

Health Brigade:

- Health services for those in need in Richmond with specialty mental health resources, including substance abuse counseling services, as described [here](#)

Pride Institute:

- The admissions staff is available 24/7 by **calling 888-616-5031** for a no-cost assessment and through the online contact form [here](#)
- [The Pride Institute](#) supports LGBTQ folks in recovery from addiction and mental health issues, including a Residential Treatment Center Program, Partial Hospitalization with Lodging, Intensive Outpatient Program, and a Kindred Family Program with main campuses in Eden Prairie, Minneapolis, and Rochester, Minnesota as well as access to online educational topics [here](#)

The Hazelden Betty Ford Foundation:

- Integrated care for co-occurring mental health and substance use disorders, **call 1-888-338-9773** to find a recovery center near you
- Free resources and assistance on the website [here](#)

Boys Town National Hotline: 24/7, free

- Call 1-800-448-3000 or text VOICE to 20121 to access a crisis and resource line staffed by counselors to provide information about a variety of issues, including chemical dependency or access the website [here](#)

National Drug Helpline: 24/7, confidential, and free

- Call 1-844-289-0879 to get private, confidential help from trusted professionals day and night to help get on the road to recovery
- More information on the Helpline and information about specific drugs can be found at the website [here](#)

Addiction Recovery Support Warm Line: 24/7, confidential, and free

- Call 1-833-4PEERVA (1-833-473-3782) specifically for those struggling with addiction in the Richmond area, their loved ones, and others to talk with trained individuals who have lived experience in addiction recovery, specializing in recovery from opioids and other substances

Additional Resources for People in Recovery:

- [Virginia Substance Use Disorder Warm Lines](#), updated May 2020 list of warm line services and their hours in Virginia
- [Online Wellness Recovery Action Plan \(WRAP\) Group for Black Community Members](#), 8-week recovery group hosted by VOCAL Virginia
- [Mental Health America Tools for Recovery Page](#), with recovery tools and service providers to take charge of your health
- [Substance Abuse and Mental Health Services Administration \(SAMHSA\)](#), with the mission to reduce the impact of substance abuse and mental illness on America's communities
 - [Coronavirus \(COVID-19\) Resource Page](#)
 - [Virtual Recovery Resources Page](#)
- [National Alliance on Mental Illness \(NAMI\) COVID-19 Resource and Information Guide](#), updated June 2020
- [“How I’m Coping with COVID-19 and Physical Distancing as a Person in Long-Term Recovery”](#), article by Holly Jespersen
- [“Anxious About the Coronavirus? Here Are Eight Practical Tips on How to Stay Calm and Support Your Immune System”](#), article by Sheila Patel, M.D., Chief Medical Officer from the Chopra Center

Useful Articles, Links, and Resources for Friends & Family of People in Recovery:

- [“Considerations for the Care and Treatment of Mental and Substance Use Disorders in the COVID-19”](#), SAMHSA Report (March 2020)
- [Addiction Recovery Support for Families and Friends](#), resources compiled by The Hazelden Betty Ford Foundation

- [REVIVE! Opioid Overdose and Naloxone Education \(OONE\) program for the Commonwealth of Virginia](#), learn how to save a life from an opioid overdose
- [“How Does Addiction Affect Family and Friends?”](#), article from theTreehouse
- [“Patients with Addiction Need Treatment - Not Stigma”](#), article from the American Society of Addiction Medicine
- [How to Talk About Addiction: When a friend has a drinking or drug problem](#), from the Hazelden Betty Ford Foundation
- [“COVID-19 lockdown could lead to a surge of addiction relapses”](#), HealthEuropa article (May 2020)
- [Race and the Drug War](#), article describing the racial discrimination by law enforcement and disproportionate drug war misery suffered by communities of color
- [“Race, class, and the framing of drug epidemics”](#), article by Rebecca Tiger

Depression/Anxiety & COVID-19

Additional Mental Health Resources:

- [Centers for Disease Control and Prevention](#), coping with stress during COVID-19
- [“Tips on depression management in lockdown: Coping with COVID-19”](#), from MedicalNewsToday
- [“Signs of Depression During the Coronavirus Crisis”](#), by Caroline Miller from the Child Mind Institute
- [Coronavirus Aid, Relief, and Economic Security \(CARES\) Act](#) information
- [Black Mental Health Alliance](#), an organization committed to educating the public on culturally competent approaches for Black mental health
- [“Going To Therapy As A QTPOC, Without Being Harmed, Erased Or Baffled”](#), an article from BGD on finding the right therapist for you as a queer and/or trans person of color who needs support
- [Substance Abuse and Mental Health Services Administration \(SAMHSA\)](#), with the mission to reduce the impact of substance abuse and mental illness on America's communities
 - [Coronavirus \(COVID-19\) Resource Page](#)
 - [Virtual Recovery Resources Page](#)
- [National Alliance on Mental Illness \(NAMI\) COVID-19 Resource and Information Guide](#), updated June 2020
- [“Anxious About the Coronavirus? Here Are Eight Practical Tips on How to Stay Calm and Support Your Immune System”](#), article by Sheila Patel, M.D., Chief Medical Officer from the Chopra Center

Useful Articles, Links, and Resources for Allies and Activists:

- [Helping Someone with Depression](#), tips from the Mayo Clinic
- [“When Your Friend Is Depressed...Don't and Dos”](#), tips from PsychologyToday
- [Mental Health Conditions](#), information from Mental Health America National
- [“Recognizing Warning Signs And How To Cope”](#), from Mental Health America National
- [Finding Mental Health Help For Someone Else](#), from Mental Health America National
- [“Addressing Poverty and Mental Illness”](#), by Kevin M. Simon, MD; Michaela Beder, MD; and Marc W. Manseau, MD, MPH from the Psychiatric Times
- [“Social Determinants of Mental Health”](#), from a WHO Report
- [How to Help Someone with Anxiety](#), from Johns Hopkins Medicine
- [“Is There an Anxiety Epidemic”](#), from PsychologyToday
- [“Mental Illness Will Cost the World \\$16 USD Trillion by 2030”](#), from the Carter Center in the Psychiatric Times

Eating Disorders

Direct Care, Hotlines, and Support Groups

National Eating Disorders Association (NEDA) Helpline: free, confidential; M-R

11am-9pm EST & F 11am-5pm EST

- Call 1-800-931-2237 for support, resources, and treatment options for yourself or a loved one or access live online chat [here](#)

National Association of Anorexia Nervosa and Associated Disorders Helpline: free, confidential; 9am-5pm CST

- Call 630-577-1330 to access the [ANAD](#) Eating Disorders Helpline

National Eating Disorders Association (NEDA) Support Groups:

- Click the **NEDA website** [here](#) to find support groups, online forums, virtual support groups, recovery mentors, and peer support for eating disorders

Eating Disorder Hope Therapists Directory:

- List from Eating Disorder Hope of therapists specializing in eating disorders, registered dietitians, eating disorder psychiatrists, and specialized physicians, organized by state that can be accessed [here](#)

Center for Discovery Leading Eating Disorder Treatment:

- 3 locations in Virginia that can be found [here](#)

The Alliance for Eating Disorders Awareness: available during standard business hours

- Call 866-662-1235 or email info@allianceforeatingdisorders.com for referral assistance in finding appropriate eating disorder treatment options

The Recovery Village:

- Call 352-771-2700 if you are experiencing an eating disorder in addition to a substance use disorder, to learn more about treatment for substance use and co-occurring disorders

Recovery Record App:

- *iPhone or Android app is your smart companion for eating disorder recovery. Recovery Record will help you to stay motivated, remain connected, and achieve your recovery goals - download [here](#)*

Dominion Hospital Eating Disorder Treatment in Virginia:

- *HCA Virginia Health System eating disorder treatment locations can be found [here](#) or you can call the Intake Coordinator at 703-538-2886.*

Half of Us:

- *Text START to 741-741 or call (800) 273-TALK (8255) to get support for your emotional health, including body image issues and eating disorders*
- *More resources can be found [here](#)*

Additional Resources for People in Recovery

- [Eating Disorders Screening Tool](#), from Mental Health America National to determine whether you are experiencing symptoms of a mental health condition (free, quick, confidential, and scientifically validated)
- [Structuring Your Day To Support Self-Care in Eating Disorder Recovery](#), from Eating Disorder Hope
- [Body Dysmorphic Disorder Foundation](#), with resources and support networks
- [NEDA Map of Treatment Centers](#), with eating disorder treatment centers around the country on an interactive map
- [Mirror Mirror](#), eating disorder help and resources
- [Recovery Dharma](#), Buddhist practices and principles to help heal addiction and addictive behavior (including disordered eating)
- [Eating Disorder Support Group Directory](#), developed from PsychologyToday
- [Identity and Eating Disorders](#), resources and information for individuals across identities (e.g., people with disabilities, athletes, the Jewish community, LGBTQ+ populations, men and boys, people of color, and more) developed by NEDA
- [“Going To Therapy As A QTPOC, Without Being Harmed, Erased Or Baffled”](#), an article from BGD on finding the right therapist for you as a queer and/or trans person of color who needs support
- [MyPlate](#), pick daily food goals, see real-time progress, and earn fun badges
- [Eating Disorders Anonymous](#), a fellowship of individuals who share their experience, strength and hope with each other that they may solve their common problems and help others to recover from their eating disorders
- [Eating Disorders: About More Than Food](#), PDF document from the NIH on signs and symptoms of eating disorders

Useful Articles, Links, and Resources for Family & Friends of People in Recovery

- [Finding Mental Health Help For Someone Else](#), from Mental Health America National
- [Body Dysmorphic Disorder \(BDD\)](#), from Mental Health America National
- [Eating Disorders in Men and Boys](#), an article from NEDA
- [“Male Body Image and Weight Stigma”](#), by Aaron Flores, RDN from NEDA
- [Books About Eating Disorders and Body Image](#), list of bestsellers from Amazon
- [“How Fatphobia Prevented Me from Getting Help for My Eating Disorder”](#), by Shira Rosenbluth on Healthline
- [How to Help a Loved One](#), from ANAD
- [Eating Disorder Discrimination in the LGBT Community](#), from the Center for Discovery Eating Disorder Treatment
- [How to help a friend with an eating disorder](#), from ReachOut.com
- [“Addressing Microaggressions During Eating Disorder Treatment: Cultural Humility and Intersectional Views of Our Work”](#), by Robin Hornstein, PhD
- [“Shameless: Eating Disorders Are Not Just a White Feminists Issue”](#), by Anita Khakh from FLARE
- [“Restricting the Gendered Body: Understanding the Trans-masculine Adolescent with Anorexia”](#), by Kayti Protos in the Clinical Social Work Journal
- [“The Best Anorexic”](#), by Lauren Grunebaum L.C.S.W. in PsychologyToday
- [Self-Care Tips for Caregivers](#), by Becky Henry

High-Risk & Immunocompromised Individuals

Direct Care, Hotlines, and Support Groups

SAMHSA Disaster Distress Helpline: 24/7, confidential, and free

- *Call 1-800-985-5990 or text TalkWithUs to 66746 to access the national hotline dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster.*

Mental Health America of Virginia COVID-19 Warm Line: free, confidential, & available M-F 9:00am-9:00pm Sat-Sun 5:00pm-9:00pm

- *For Virginia constituents:*
 - *The Mental Health America of Virginia Warm Line is available through **call or text** at 877-349-6428 for COVID-19 virtual support*

Virginia Department of Health Hotline: free, confidential

- *Call 877-ASK-VDH3 (877-275-8343) to get COVID-19 questions answered by a professional at the Virginia Department of Health*

IDF Peer Support Program: free programming

- *A caring community that [connects people and patients](#) who share similar relationships to primary immunodeficiency (PI)*
- *To participate, contact IDF through [Ask IDF](#) or **call 800-296-4433***

SCID Angels for Life Foundation

- Provides parent and family education for those affected by Severe Combined Immune Deficiency (grants [family scholarships](#) to cover the expenses)
- Email Heather@SCIDangelsforlife.com to learn more

Disease InfoSearch: free, 24/7 website

- A resource for curated and crowd sourced disease information to help individuals access quality and credible information, which can be accessed [here](#)

Health Brigade: free clinic

- Virginia's oldest free clinic located in Richmond with medical, mental health, community outreach, and care coordination services for low-income and uninsured persons
- Call 804-358-6343 to speak to the medical clinic and check your eligibility to access [services here](#)

National Organization for Rare Disorders RareCare® Assistance Programs:

- Assistance programs to help patients obtain life-saving or life-sustaining medication they could not otherwise afford. These programs provide medication, financial assistance with insurance premiums and copays, diagnostic testing assistance, and travel assistance for clinical trials or consultation with disease specialists.
- List of assistance programs and their application processes can be found [here](#)
- The COVID-19 Resource Center for patients and families can be found [here](#)

Higher Education Emergency Relief Fund - Student Aid:

- Provides funding to institutions to provide emergency financial aid grants to students whose lives have been disrupted, many of whom are facing financial challenges and struggling to make ends meet
- Application processes and eligibility requirements can be found [here](#)

The Co-Immunity Foundation:

- Virtual support groups, tools and products, and stress management techniques for people with chronic illness
- Become a member [here](#)

American Parkinson Disease Association Virginia Support Groups:

- Email apdavirginia@apdaparkinson.org or call 757-495-3062 to get connected with a support group in Virginia

[Additional Resources for Immunocompromised & Higher-Risk Folks](#)

- [Immune Deficiency Foundation](#), with updates and resources on COVID-19 for people with primary immunodeficiencies
- [Genetic and Rare Disease Information Center](#), with current, reliable, and easy to understand information about rare or genetic diseases in English or Spanish

- [Genetic Alliance](#), convene powerful networks, deliver actionable information, build intuitive tools, and drive policy decisions to transform health systems
- [The U.S. Department of Health and Human Services Office of Minority Health \(OMH\)](#), dedicated to improving the health of racial and ethnic minority populations
- [“Anxious About the Coronavirus? Here Are Eight Practical Tips on How to Stay Calm and Support Your Immune System”](#), article by Sheila Patel, M.D., Chief Medical Officer from the Chopra Center
- [“Considerations for the Care and Treatment of Mental and Substance Use Disorders in the COVID-19”](#), SAMHSA Report (March 2020)
- [How to Get More Financial Aid After COVID-19](#), steps listed by Ben Luthi
- [Coronavirus Aid, Relief, and Economic Security \(CARES\) Act](#) information
- [Coronavirus and Patients with Cancer](#), from UCSF Health
- [Coronavirus \(COVID-19\) and People with HIV](#), from HIVgov
- [“COVID-19: When Can Those With Weakened Immune Systems End Home Isolation?”](#), from Advent Health
- [Smoking and Coronavirus](#), from the University of Maryland Medical System
- [Lupus and Coronavirus: A Chronic Illness Patient’s Guide to Navigating COVID-19](#), from the Global Health Living Foundation
- [People with Disabilities and COVID-19](#), from the CDC

Useful Articles, Links, and Resources for Family & Friends of High-Risk & Immunocompromised Folks

- [“A looming issue for schools: Teachers with health worries who can’t or won’t go back”](#), by Kalyn Belsha on Chalkbeat
- [“How to Help Your Immunocompromised Friends”](#), by Marisa Franco Ph.D. on PsychologyToday
- [“Serving Students Who Can’t—or Won’t—Return to School”](#), by Denisa R. Superville in Education Week
- [People Who Are at Increased Risk for Severe Illness](#), from the CDC
- [“I Am Young, Immunocompromised, and COVID-19 Positive”](#), by Jamie Horrigan on HealthLine
- [“Why Wearing a Face Mask is Important”](#), by Faye Annis on Universal Medical
- [“How to Support Employees with High-Risk Concerns During a COVID-19 Outbreak”](#), by Carolyn Crist on SHRM.org
- [“How an Immunocompromised Family is Handling COVID-19”](#), by Renda Brower at Cincinatti Children’s
- [“My Kid Is Immunocompromised. Here’s How Life Has Changed During COVID-19”](#), by Leah Campbell on Healthline

- [“I’ve Seen Wars and Epidemics Unfold. But Now That I Have an Immunocompromised Partner, the Coronavirus Makes Me Truly Scared”](#), by Aryn Baker on *TIME*
- [“Rethinking high-risk groups in COVID-19”](#), by Anastasia Vishnevetsky and Michael Levy in the *Multiple Sclerosis and Related Disorders* journal

Financial Assistance

Financial Relief Funds & Free Resources:

RISE Student Navigator Network:

- A portal for college students affected by COVID-19 to seek help. When you apply [here](#), a case manager will reach out to you to help you find emergency financial aid, apply for public benefits, and connect with local resources.

Course Hero Student Emergency Aid Fund:

- Supporting relief funds for college students impacted by the COVID-19 health crisis. Fill out the form [here](#) to express your interest in receiving support from this fund
- Any student enrolled in a U.S. college or university is eligible to apply. Reach out to emergencyfund@coursehero.com with any questions

APALA COVID-19 Community Fund:

- Fund to help workers and their families with direct financial support, with a one-time payment of \$500 to support families who are ineligible for other forms of government assistance due to immigration status or other barriers
- The application can be accessed [here](#)

National Queer and Trans Therapists of Color Network:

- The Mental Health Fund (MHF) for Queer and Trans People of Color provides financial support for QTPoC to work with psychotherapists in an effort to address the economic barriers inherent in healthcare and the mental health system
- The Mental Health Fund provides financial support for up to 6 sessions with a psychotherapist. Applicants can request up to \$100 per session. Learn more about the application process [here](#)
- The QTPoC Mental Health Practitioner Directory can be accessed [here](#) to find licensed practitioners across the country that are registered with the network

Higher Education Emergency Relief Fund - Student Aid:

- Provides funding to institutions to provide emergency financial aid grants to students whose lives have been disrupted, many of whom are facing financial challenges and struggling to make ends meet
- Application processes and eligibility requirements can be found [here](#)

National Organization for Rare Disorders RareCare® Assistance Programs:

- Assistance programs to help patients obtain life-saving or life-sustaining medication they could not otherwise afford. These programs provide medication, financial assistance with insurance premiums and copays, diagnostic testing assistance, and travel assistance for clinical trials or consultation with disease specialists.
- List of assistance programs and their application processes can be found [here](#)
- The COVID-19 Resource Center for patients and families can be found [here](#)

Southern Smoke Emergency Relief Program:

- Provides emergency funding to those employed by or own restaurants or bars or are employed by a restaurant or bar supplier that are faced unforeseen expenses that cannot or will not be covered by insurance
- The application can be accessed [here](#)

The Loveland Foundation:

- Access for Black women and girls apply for free mental health services through The Loveland Foundation Therapy Fund
- Learn more about the services and application process [here](#)

Southeast Asia Resource Action Center:

- The SEARAC has compiled a comprehensive list of COVID-19 Rapid Response Resources for Asian Americans in each U.S. state [here](#)

Health Brigade:

- Virginia's oldest free clinic located in Richmond with medical, mental health, community outreach, and care coordination services for low-income and uninsured persons
- Call 804-358-6343 to speak to the medical clinic and check your eligibility to access [services here](#)

DoorDash COVID-19 Financial Assistance Program for Dashers:

- In response to the public health emergency posed by COVID-19, we're announcing a new COVID-19 Financial Assistance Program for eligible Dashers in the United States (including Puerto Rico), Australia, and Canada as described [here](#)

Domestic Workers' Coronavirus Care Fund:

- Established by the National Domestic Workers Alliance to provide emergency assistance for home care workers, nannies and house cleaners to support them in staying safe and staying home to slow the spread of the coronavirus and to care for themselves and their families; access \$400 in emergency assistance that will be mailed to you
- At this time, the [Coronavirus Care Fund](#) application is only open to domestic workers who are participants in activities of the National Domestic Workers Alliance (NDWA), NDWA chapters, affiliate organizations, and circles or who were NDWA dues-paying members or Alia users prior to March 16, 2020. We will open the Fund for applications from other domestic workers as soon as funding allows.

Additional Resources:

- [**How to Get More Financial Aid After COVID-19**](#), steps listed by Ben Luthi
- [**“Where can I find emergency financial resources to help with COVID-19 hardships?”**](#), lists of grants for nonprofits, individuals, artists, small businesses, and internationally
- [**COVID-19 Resources for Undocumented Immigrants**](#), spreadsheet of emergency funds, grants, and scholarships for undocumented folks
- [**“How College Students Can Get Financial Relief in Response to COVID-19”**](#), by Rachel Basinger on iGrad
- [**Small Business Administration Coronavirus Relief Options**](#), funding options as outlined by the CARES Act
- [**Coronavirus Aid, Relief, and Economic Security \(CARES\) Act**](#) information
- [**“Staying Safe During COVID-19”**](#), article and resources from the National Domestic Violence Hotline
- [**National Adult Protective Services Association \(NAPSA\)**](#), serving older adults and adults with disabilities who are in need of assistance
- [**National Alliance on Mental Illness \(NAMI\) COVID-19 Resource and Information Guide**](#), updated June 2020
- [**Substance Abuse and Mental Health Services Administration \(SAMHSA\)**](#), with the mission to reduce the impact of substance abuse and mental illness on America's communities
 - [**Coronavirus \(COVID-19\) Resource Page**](#)
 - [**Virtual Recovery Resources Page**](#)
- [**“7 Kinds of COVID-19 Relief for College Students”**](#), by Anne Helhoski on NerdWallet

Ways to Help & Donate:

- [**COVID-19 Mutual Aid Fund for LGBTQI+ BIPOC Folks**](#), GoFundMe Page to donate to in support of queer communities of color struggling due to COVID-19
- [**Asian American Organizations You Need to Know**](#), a list of 20 organizations updated in May 2020 from Diversity Best Practices
- [**True Colors United**](#), implements innovative solutions to youth homelessness that focus on the unique experiences of LGBTQ young people which you can donate to or take action with to pass important legislation with a [**Learning Community**](#) as well
- [**Advocates for Youth**](#), works alongside thousands of young people here in the U.S. and around the globe as they fight for sexual health, rights, and justice
- [**“9 Black LGBTQ Organizations to Donate to Right Now”**](#), a list by Vanessa Maki on a list of Black-run nonprofits for racial and sexual justice to donate to now
- [**“Why Wearing a Face Mask is Important”**](#), by Faye Annis on Universal Medical

- [**The Freelancers' Relief Fund**](#), donate to *Working Today*, the nonprofit subsidiary of Freelancers Union, 100% of your donation will be distributed to freelancers impacted by the COVID-19 pandemic.
- [**National Domestic Workers Alliance Coronavirus Care Fund**](#), will provide immediate financial support for domestic workers, and enable them to stay home and healthy
- [**Petition to Cancel Student Loans by Executive Order**](#), some experts even believe that debt cancellation is the only way to avoid a depression
- [**BIPOC in Agriculture and Food: A Resource Guide**](#), organizations and farms to support across the country
- [**How to Support Food Banks during COVID-19**](#), tips from Feeding America

Grief & Loss

Direct Care, Hotlines, and Support Groups

Grief Anonymous:

- A grief support organization dedicated to assisting those grieving the loss of a loved one with [Facebook groups](#), a [healing guide](#), and a free [Grief Resource Network](#)

Grief Support Groups in Virginia

- List from PsychologyToday of grief and loss support groups in Virginia, that can be accessed [here](#)

PRS CrisisLink: 24/7, confidential, & free

- A Northern Virginia hotline bringing immediate help, hope and healing to empower individuals facing serious life challenges, suicidal thoughts, emotional or situational problems
- Call 703-527-4077 or text 703-940-0888

Useful Articles, Links, and Resources:

- [**Crisis Response Network**](#), Helping Yourself Through Grief
- [**Grief Support Directory**](#), from MyGriefAngels
- [**Complicated Grief Resources and Screening Tools**](#), from the Center for Complicated Grief at Columbia University
- [**Grief and Loss**](#), information from the CDC during COVID-19
- [**Tips for Families Experiencing Traumatic Death**](#), list of helpful tips
- [**"Grieving a Parent \(or Any Family Member\) Never Really Stops"**](#), article from Crisis Text Line by Sarah Caito
- [**Childhood Traumatic Grief: Information for Parents and Caregivers**](#), information from the National Child Traumatic Stress Network
- [**List of National Support Groups**](#), compiled by GriefSpeaks
- [**Tips for Survivors: COPING WITH GRIEF AFTER A DISASTER OR TRAUMATIC EVENT**](#), from SAMHSA

- [Coronavirus Aid, Relief, and Economic Security \(CARES\) Act](#) information
- [National Alliance on Mental Illness \(NAMI\) COVID-19 Resource and Information Guide](#), updated June 2020
- [“Anxious About the Coronavirus? Here Are Eight Practical Tips on How to Stay Calm and Support Your Immune System”](#), article by Sheila Patel, M.D., Chief Medical Officer from the Chopra Center
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- [“Staying Safe During COVID-19”](#), article and resources from the National Domestic Violence Hotline
- [National Adult Protective Services Association \(NAPSA\)](#), serving older adults and adults with disabilities who are in need of assistance
- [“Where can I find emergency financial resources to help with COVID-19 hardships?”](#), lists of grants for nonprofits, individuals, artists, small businesses, and internationally

Useful Articles, Links, and Resources for Supporting Friends & Family:

- [Helping Someone with Depression](#), tips from the Mayo Clinic
- [Complicated Grief \(CG\)](#), from the Center for Complicated Grief
- [“How to Say ‘I’m Sorry’ to Those Who Grieve”](#), by Nancy Crump
- [“When Your Friend Is Depressed...Don't and Dos”](#), tips from PsychologyToday
- [How to Help Someone with Anxiety](#), from Johns Hopkins Medicine
- [Finding Mental Health Help For Someone Else](#), from Mental Health America National
- [“How to Help Your Immunocompromised Friends”](#), by Marisa Franco Ph.D. on PsychologyToday
- [“Rethinking high-risk groups in COVID-19”](#), by Anastasia Vishnevetsky and Michael Levy in the Multiple Sclerosis and Related Disorders journal
- [“There’s No Right Way to Grieve”](#), by Lisa Marshall from WebMD
- [“10 Ways You Can Support Someone Grieving During The Coronavirus Crisis”](#), by Nicole Pajer from the Huffington Post
- [“5 Ways to Support a Friend Who Lost Someone to COVID-19”](#), by Sherry Amatenstein, LCSW on Prevention.com
- [“What Grieving Friends Wish You'd Say”](#), by Pamela Cytrynbaum on PsychologyToday
- [“Grieving in the midst of the coronavirus — what to know and how to help others”](#), by Alessandra Malito on MarketWatch