

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-(coronavirus)-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: 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 @hellomynamewednesday
- 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-(coronavirus)-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
- 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/>
- 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-w8ccj28f1HJcbArY0hWLg2MI24diYODkqkEIMLO9Aj-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 Guidelines <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>

HOW TO DECREASE ANXIETY DURING A PANDEMIC

BREATHE

- ❖ Breathe in for five, hold for a sec, breathe out for ten
- ❖ The slow exhale tricks the brain into relaxing the body

PROGRESSIVE RELAXATION

- ❖ Tense a group of muscles as you breathe in , relax them as you breathe out
- ❖ Do in an order (top to bottom, bottom to top, your choice)

FIVE SENSES ACTIVITY (GROUNDING)– this is a great way to stop a panic attack

- ❖ Notice five things you can SEE
- ❖ Notice four things you can FEEL
- ❖ Notice three things you can HEAR
- ❖ Notice two things you can SMELL
- ❖ Notice one thing you can TASTE

DO SOMETHING PRODUCTIVE

- ❖ Activity is a great distraction
- ❖ Do an activity which gives you satisfaction
- ❖ Examples: Clean something, organize items for donation, learn a craft, read, walk the dog, weed or rake, make a list of people to check in with

KEEP ON A SCHEDULE

- ❖ A schedule helps us feel more in control
- ❖ Put things on it that are
 - Solitary (reading, crafting, baking, self-care, learning)
 - Social (calling friends and family, checking in on social media)
 - Necessary (cleaning, laundry)
 - Physical (exercise – walking is GREAT exercise)
- ❖ Do not stay on news or social media sites for long amounts of time.
- ❖ Avoid too much input without a rest for your system
- ❖ Take breaks to switch activities
- ❖ Spend some time away from your phone
- ❖ Eat at regular meal times

CONTROL WHAT IS YOURS TO CONTROL

- ❖ Remind yourself of what you are doing to help contain the spread
 - I am staying home, I am washing my hands and keeping an appropriate distance
 - I am not putting myself or those around me in danger
 - I am trusting the experts to do their jobs. EVERYONE wants this to be controlled and eradicated soon.
- ❖ I do not have to spend time dwelling on what is not mine to control

HELPFUL MENTAL HEALTH APPS

Calm
 Headspace
 Breathe2Relax
 CBT iCoach (insomnia)
 Take a Break
 Mindfulness
 Breathe
 Mood Tools
 Moodkit
 Virtual Hope Box

NATIONAL HOTLINES

Suicide 1-800-273-8255
 Domestic Violence 1-800-799-7233
 Crisis Text Line – text CONNECT to 741741
 National Substance Abuse Helpline
 1-800-662-HELP (4357)
 National Alliance on Mental Illness (NAMI)
 1-800-950-NAMI (6264)

Thank you Eunice Kim-Skenderian, Sydney Ji, and Tabitha Sukhai for recommendations :)