

COVID Mental Health Resources

To read

- [A step-by-step guide for building resilience from the American Psychological Association](#)
 - [Anxiety resources from the Anxiety and Depression Association of America](#)
 - [Depression resources](#)
 - [World Health Organization \(WHO\) Mental Health and Psychosocial Considerations during the COVID Outbreak](#)
 - [Mental Health: Signs That Someone May Need Help](#)
 - [Coping During the COVID-19 Outbreak](#)
 - [Coping With Stress During Infectious Disease Outbreaks](#)
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To find online support

[Emotions Anonymous](#)

Nonprofessional group focusing on emotional well-being in in-person and online weekly meetings

[For Like Minds](#)

Online mental health support network for people with or supporting someone with mental health conditions, substance use disorders or stressful life events.

To find treatment

Tips to help find mental health providers in your area and choose the right provider for mental health problems

- Findtreatment.samhsa.gov
- mentalhealthamerica.net/finding-help

For substance use problems

- <https://www.drugabuse.gov/publications/principles-drug-addiction-treatment-research-based-guide-third-edition/frequently-asked-questions/where-can-family-members-go-information-treatment>
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For 24/7 help in a crisis

- The Crisis Text Line - Text TALK to 741741
 - National Suicide Prevention Lifeline - 24/7 trained crisis counselors for you or someone you know is in crisis—whether they are considering suicide or not—at 1-800-273-TALK (8255)
 - Substance Abuse and Mental Health Services Administration (SAMHSA) Disaster Distress Helpline - provides 24/7 crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters. 1 (800) 985-5990. Press 2 for Spanish-language support.
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For help in coping with loss

- Many funeral homes and faith communities offer virtual ways to connect; many local organizations offer grief support services. A good place to start: [local National Alliance for Mental Illness \(NAMI\) affiliates](#).
- Additional options include local hospices that offer grief therapy free or on a sliding scale or can refer people to local grief support. [The National Hospice and Palliative Care Association](#) maintains a list of hospices across the country.

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