National Mental Health Resources:

- **World Health Organization:** [Mental Health and Psychological Considerations During the COVID-19 Outbreak](#)
- **PsychHub's** [COVID-19 Mental Health Resource Hub](#)
  - [Mental Health Terminology: 5 Words Everyone Should Know](#)
  - [How to Talk About Mental Health Effectively and Openly](#)
  - [Sharing Best Practices in Behavioral Health](#)

- **Crisis Text Line:** [COVID-19 Update](#)
- **Harvard Medical School** [launched "Coping with Coronavirus", a web series on dealing with a range of emotions brought on by COVID-19](#)
- **Center for MH in Schools & Student/Learning Supports, UCLA:** [Mental Health and the Coronavirus](#)
- **McKinsey & Company** article about t[he impact of COVID-19 on mental health and substance use.](#)
- **American Foundation for Suicide Prevention**: [Mental Health and COVID-19](#)
- **American Mental Wellness Association**: [Free Mental Wellness Tools and COVID-19 Information](#)
- **Active Minds**: [Supporting Families During COVID-19](#)
- **[National Council for Behavioral Health](#)** Click [here](#) to explore the directory. See the other resources from the National Council for Behavioral Health below:
  - [National Council's COVID-19 Guidance for Behavioral Health Residential Facilities](#)
  - On March 19, Chuck Ingoglia and National Council staff held a Townhall meeting specifically for members of the behavioral health community - sharing the facts and answering questions from attendees:
  - Click [here](#) for a recording of the Townhall
    - [Q&A from the Townhall](#)
    - [Best Practices for Telehealth During COVID-19 Public Health Emergency](#)
    - [Member Needs Chart and Resources](#)
  - Congress and the Trump Administration have [changed federal guidelines](#) so that more practitioners may use telehealth during the COVID-19 outbreak.
  - This document is intended to provide you with the background and resources necessary to help you begin or expand your use of telehealth. For technical assistance, contact your Telehealth Regional Center [here](#).
    - [NIDA: COVID-19 potential implications for individuals with SUDs](#)
    - [Washington State Department of Health emergency response info](#)
    - [Caron Treatment Center's coronavirus-related protocols for treatment centers](#)
    - [Harm Reduction Coalition's guidelines for people who use drugs and harm reduction programs](#)
    - [Digital All Recovery Meetings by WEconnect, Unity Recovery and Alano Club](#)

- **From Mental Health First Aid:**
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    - [How to Care for Yourself While Practicing Physical Distancing](#)
    - [How Do I Know Someone is Experiencing Anxiety or Depression?](#)
    - [How to Help Someone with Anxiety or Depression During COVID-19](#)
    - [How to Support a Loved One Going Through a Tough Time During COVID-19](#)

- **National Association of State Mental Health Program Directors:**
  - [Mental Health Considerations during the COVID-19 Outbreak](#)
  - [COVID-19 Emergency Declaration Health Care Providers Fact Sheet](#)
  - [Supplemental Guidance Regarding Use of Telehealth for People Served by OMH Licensed or Designated Programs Affected by the Disaster Emergency](#)
- **Mental Health America**'s [Mental Health and COVID-19 Resources and Information](#)
- **NAMI National:** [NAMI Updates on the Coronavirus](#)
- **Association for Behavioral Health and Wellness'** [COVID-19 Resources](#)
- **National Association of State Mental Health Program Directors:**
  - [Early Intervention in Psychosis: A Distance Education Course](#)
- **University of Massachusetts' Transitions to Adulthood Center for Research:**
  - [Supporting College with Mental Health Conditions in the Wake of COVID-19](#)
  - [Working from Home During the COVID-19 Pandemic](#)
  - [Maintaining Your Emotional Wellbeing During COVID-19](#)
  - [COVID-19 Resources for Youth and Adults](#)
- **Schizophrenia and Related Disorders Alliance of America**: [Psychosis Support & Acceptance and Families for Care Call Support Groups](#)
- **The National Center for PTSD**: [Helping People Manage Stress Associated with the COVID-19 Outbreak](#)
  - [For Providers and Community Leaders](#)
  - [For Healthcare Workers](#)
- **Mental Health Association in New Jersey, Inc**.'s [Resources to Respond to COVID-19](#)
- [Responding to Pandemic Coronavirus: Mitigating Population Panic and Assuring Mental Health](#) by Ron Manderscheid, PhD, Executive Director, **National Association of County Behavioral Health and Developmental Disability Directors** and **National Association for Rural Mental Health Demystifying Psychosis for Family Members.**
- **International Initiative for Mental Health Leadership and International Initiative for Disability Leadership:**
  - [Safe Australia](#) (Mental Health guidance applicable outside of Australia as well)
- **United Hospital Fund'**s commentary "[Will COVID-19 Change the Way We Look at Mental Health and Substance Misuse](#)?"

- **National Institute of Mental Health**: [Shareable Resources on Coping with COVID-19](#)
- **Columbia University Department of Psychology**: [COVID-19 Resource Page](#)
  - [Older Adults with Existing Depression Show Resilience during the Pandemic](#)
  - [Psychological Distress, Coping Behaviors and Preferences for Support Among New York Healthcare Workers during the COVID-19 Pandemic](#)
  - [How to Help Kids Manage Back-to-School Anxiety in the COVID Era](#)