

MENTAL HEALTH SUPPORT DURING COVID-19

Increasing stress and anxiety related to the Coronavirus (COVID-19) outbreak is prompting concerns about mental health, including substance use, trauma and suicide. It remains important to emphasize overall health, work to reduce stress and anxiety, get information from reliable sources, communicate with loved ones, stay connected with support systems, and seek additional help from mental health professionals. A selection of web-based resources and hotlines are shown below.

Online Resources:

- **Calm.com:** Free mindfulness resources to reduce anxiety: <https://www.calm.com/blog/take-a-deep-breath>
- **Centers for Disease Control and Prevention:** Recommendations and resources for managing stress and anxiety: <https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>
- **National Alliance on Mental Illness (NAMI):** Resource guide for wide-ranging mental health considerations <https://www.nami.org/getattachment/About-NAMI/NAMI-News/2020/NAMI-Updates-on-the-Coronavirus/COVID-19-Updated-Guide-1.pdf>
- **National Child Traumatic Stress Network:** Parent/caregiver guide to help families cope with Coronavirus: <https://www.nctsn.org/resources/parent-caregiver-guide-to-helping-families-cope-with-the-coronavirus-disease-2019>
- **NC Department of Health & Human Services:** Recommendations and resources for managing your overall health, including mental health: <https://www.ncdhhs.gov/divisions/public-health/coronavirus-disease-2019-covid-19-response-north-carolina/managing-health>
- **Recovery Resources:**
 - AA meetings online: https://www.aa.org/pages/en_US/options-for-meeting-online
 - SmartRecovery abstinence-based alternative to 12-Step program: www.smartrecovery.org.
- **Substance Abuse and Mental Health Services Administration:** Tip sheet for supporting behavioral health during social distancing, quarantine or isolation from an infectious disease outbreak: <https://www.samhsa.gov/sites/default/files/tips-social-distancing-quarantine-isolation-031620.pdf>
- **Suicide Prevention Resource Center:** Selection of resources on mental health and coping: <http://www.sprc.org/news/resources-support-mental-health-coping-coronavirus-covid-19>
- **World Health Organization:** International tip/resource guide for mental health and psychosocial considerations during COVID-19: <https://www.who.int/docs/default-source/coronaviruse/mental-health-considerations.pdf>
- **Vaya Health:** COVID-19 Resource page for local (WNC) managed care organization for mental health, substance use disorder and intellectual/developmental disabilities: <https://www.vayahealth.com/coronavirus-updates/>

Hotlines:

- **National Suicide Prevention Hotline: 1-800-273-TALK (8255):** Free, confidential, 24/7 support for people in distress. Website: www.suicidepreventionlifeline.org
- **National Disaster Distress Helpline: 1-800-985-5990:** Crisis counseling and emotional support 24/7 for anyone experiencing distress or other mental health concerns during the COVID-19 outbreak.
- **Vaya Mobile Crisis Line: 1-800-849-6127.** This will also help in locating local services from providers like Appalachian Community Services and Meridian Behavioral Health.
- **National Domestic Violence Hotline: 1-800-799-7233** and TTY 1-800-787-3224.
 - Website: www.thehotline.org
- **NC 2-1-1** (simply dial 2-1-1) is the official resource hotline for mental health or other needs.
 - Website: www.nc211.org