

Mental Health Resources for Patients

Websites:

<https://mhanational.org/covid19>

- Mental Health America
- Links to multiple other sites/resources covering a variety of topics including substance abuse, managing social distancing, medication, managing anxiety

CDC website on managing stress and anxiety

https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html?CDC_AArefVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fabout%2Fcoping.html

Short article providing five guidelines for managing anxiety and stress; can be used for patients with or without mental health diagnoses

https://afsp.org/taking-care-of-your-mental-health-in-the-face-of-uncertainty/?utm_source=All+Subscribers&utm_campaign=3b5166ea09-Research_Connection_July_COPY_01&utm_medium=email&utm_term=0_3fbf9113af-3b5166ea09-383524973

Talking to kids about Corona:

<https://www.nationwidechildrens.org/giving/on-our-sleeves/find-help/tools-for-you/coronavirus>

Overview on mental health coping strategies with links to a number of other resources such as online peer support communities, online courses, and other strategies

<https://www.nami.org/Blogs/NAMI-Blog/March-2020/Coronavirus-Mental-Health-Coping-Strategies>

Apps:

- Down Dog
- Insight Timer
- Headspace (currently offering a free subscription for health care providers with an NPI number)
- Simple Habit—offering free services those financially impacted by the pandemic (email help@simplehabit.com by April 20)
- Balance—free one year subscription (access@balanceapp.com)