

Coronavirus Mental Health Resources

FOR EVERYONE:

Coping with Disaster or Traumatic Event

<https://emergency.cdc.gov/coping/index.asp>

Taking Care of Your Emotional Health

<https://emergency.cdc.gov/coping/selfcare.asp>

Helping Children Cope

<https://www.cdc.gov/childrenindisasters/helping-children-cope.html>

Planning Resources for State & Local Governments

<https://emergency.cdc.gov/coping/government.asp>

Response Resources for Leaders

<https://emergency.cdc.gov/coping/leaders.asp>

FOR COMMUNITIES:

Coping with Stress During Infectious Disease Outbreaks

<https://store.samhsa.gov/system/files/sma14-4885.pdf>

Taking Care of Your Behavioral Health During an Infectious Disease Outbreak

<https://store.samhsa.gov/system/files/sma14-4894.pdf>

FOR FAMILIES & CHILDREN:

Helping Children Cope with Emergencies

<https://www.cdc.gov/childrenindisasters/helping-children-cope.html>

Coping After a Disaster-Activity Book for Children (ages 3-10)

https://www.cdc.gov/cpr/readyrigley/documents/RW_Coping_After_a_Disaster_508.pdf

FOR PEOPLE LIVING WITH MENTAL ILLNESS

National Alliance on Mental Illness – Response to the coronavirus

<https://nami.org/getattachment/About-NAMI/NAMI-News/2020/NAMI-Updates-on-the-Coronavirus/COVID-19-Updated-Guide-1.pdf?lang=en-US>

FOR FIRST RESPONDERS:

Responders: Tips for Taking Care of Yourself

<https://emergency.cdc.gov/coping/responders.asp>

First Responders & Disaster Responders Resource Portal

<https://www.samhsa.gov/dtac/disaster-responders>

OTHER RESOURCES:

<https://www.seattletimes.com/opinion/anxiety-and-fear-from-the-tip-of-the-coronavirus-spear/>