

COPING WITH COVID-19

Resources for Mental Health and Well-Being during the Coronavirus

Focus on the Facts

SITUATION SUMMARY FROM THE CENTERS FOR DISEASE CONTROL AND PREVENTION

Sharing the facts about COVID-19 and understanding the actual risk to yourself and the people that you care about can make the outbreak less stressful. When you find yourself getting overwhelmed, take a break from the news and connect with others.

Social Emotional Learning Supports

- From the <u>Collaborative on Academic and</u> <u>Social Emotional Learning</u> (CASEL)
- From <u>SEL4CT</u>, a National Organization that promotes and supports effective Social Emotional Learning implementation.

From the Substance Abuse and <u>Mental Health</u>

<u>Services Administration</u>

<u>Disaster and Distress</u>

<u>Helpline</u>

CALL: 1-800-985-5990

CHAT: TEXT TALKWITHUS TO

66746

APP INFORMATION



On Dealing with Existing Mental Health Issues and COVID-19

- "How to Deal with Coronavirus if you have OCD or Anxiety."
- "Therapists Answer Your Top Questions about Coronavirus Anxiety."
- "Managing Your Stress During Tough Economic Times."

<u>Directory of</u> <u>Local Health</u> <u>Departments</u> National Crisis Text Line, 24/7 Text 741741 <u>Trevor Lifeline</u> Call, Text, Chat for LGBTQ Youth National Parent Helpline M-F 1pm-10pm

Information for Domestic Abuse Survivors

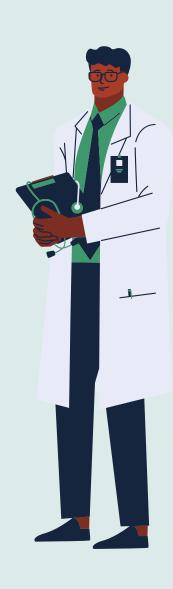
- Survivors or anyone looking for guidance about how to help someone experiencing domestic violence can contact Connecticut's Safe Connect 24/7, 365 days a year via:
 - Voice Call/Text: (888) 774-2900
 - Email: safeconnect@ctcadv.org
 - or Web Chat
- The National Domestic Violence Hotline is 24/7, confidential and free,
 via:
 - Voice Call: (800) 799-7233
 - Text LOVEIS to 22522
 - or Web Chat
- The National Sexual Assault Hotline is 24/7, confidential and free, via
 - Voice Call: (800) 656-HOPE (4673)
 - or Web Chat
- The **StrongHearts Native Helpline** for domestic/sexual violence is available 8am-11pm, confidential, and specifically for Native communities:
 - Voice Call: (844) 762-8483
 - or visit the Website
- The **Deaf Hotline** is available 24/7 through video phone, email and chat for Deaf, DeafBlind, DeafDisabled survivors:
 - Video Call: (855) 812-1001
 - Email: nationaldeafhotline@adwas.org
 - o or Web Chat
- <u>Guidance</u> for Domestic Violence Shelters during COVID-19, from the National Network to End Domestic Violence.

Other Resources

- The **Trans LifeLine** for peer support for trans folks 10am-4am. The hotline is staffed exclusively by trans operators and is the only crisis line with a policy against non-consensual active rescue.
 - Voice Call: (877) 565-8860
 - o r visit the Website
- Connecticut's <u>Triangle Community Center</u>, which is is Fairfield County's leading provider of programming and resources to nurture growth and connection within the LGBTQ community, has moved their services online.
- Online Mental Health Resources specific to Connecticut.
- From <u>Futures Without Violence</u>, a comprehensive list of resources for vulnerable populations during COVID-19. Includes more information regarding Safety Plans, other resources for domestic violence, resources for homelessness, immigrant communities, and information on financial relief for vulnerable communities.:

Resources for those with Mental Illness

- 211 of Connecticut is a resource for those with suicidal ideation, as well as an <u>online</u> repository of Mental Health services.
 - For the Crisis Line, dial 211, then press 1
- The Healthy Lives CT website provides information and tools for maintaining or regaining wellness in the areas of emotional wellness, physical wellness, holistic wellness, financial wellness, and recovery from addiction issues.
- Mental Health America has a <u>page</u> for Mental Health And COVID-19 - Information And Resources, which includes resources for parents, caregivers, older adults, LGBTQ+ individuals and veterans, amongst others.
- Connecticut's The Hub: Behavioral Health
 Action Organization for Southwestern CT has
 a page for Mental Health Supports in a
 pandemic.



On Cyberbullying

 "Coronavirus, Online Learning, Social Isolation, and Cyberbullying: How To Support Our Students."

The National Alliance on Mental Illness (NAMI)

- A long list of information and resources, ranging from how to deal with general anxiety around COVID-19 to grief resources if you've lost a loved one to the illness. Has information on how to support your adult child with severe mental illness, recommendations for smokers, and assistance programs
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Resources for those Coping with Loss

- "Grief, Coping with the Loss of a Loved One"
- "Adolescent Stress in the time of COVID-19: Coping with Loss"
- "Coping with Death During a Pandemic"
- A list of "115 Helpful Websites for Grief and Bereavement."



