COVID-19 and Mental Health Resources: For Diverse Populations and Providers Who Support Them

For more fact sheets in this series, visit Pacific Southwest Mental Health Technology Transfer Center (PS MHTTC) COVID-19 and Mental Health Resources. For resources and virtual events from across the MHTTC Network, visit Responding to COVID-19.

Older Adults

- **Psychologists emphasize more self-care for older adults**
  Considerations for the physical and psychological health of older adults (American Psychological Association, APA).

- **Older Adults & Isolation During COVID-19**
  Webinar: How behavioral health services meet the needs of socially isolated older adults, and the role of peer services (Mental Health America).

- **COVID-19 Resources for Older Adults and Caregivers**
  Articles from the National Council on Aging (also available in Spanish) on staying healthy, safe, and connected, including accessing basic needs resources.

- **Friends Helpline**
  24/7, toll-free crisis line for adults aged 60 and older and adults living with disabilities. From the Institute on Aging. 1-800-971-0016

- **SAGEConnect**
  Volunteer-run program that provides weekly phone calls to LGBTQ seniors.

Racially and Ethnically Diverse Communities

- **COVID-19 resources from Respond: Crisis Translators Network**
  Respond offers one-pagers on coronavirus prevention in 27 languages, as well as multimedia resources and translated briefs.

- **Combating Bias and Stigma Related to COVID-19**
  Guidance for steps everyone can take to reduce COVID-19 xenophobia (APA).

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1 Sources for this list include the NAMI COVID-19 Resource and Information Guide, the Mental Health and COVID-19 Information and Resources, American Psychological Association Pandemics Webpage.

2 Note: resources do not necessarily reflect the opinions of the Pacific Southwest Mental Health Technology Transfer Center or SAMHSA. Inclusion on this list does not imply endorsement.
• **Iowa State University Library: COVID-19, Race and Racism**
  Continually updated resources and news articles for learning about COVID-19 and xenophobia, microaggressions, and racism.

• **Surviving Coronavirus: Tips and Tools for Your Lifestyle**
  Articles and answers from Black Women’s Health Imperative.

• **COVID-19 Free Virtual Therapy**
  While funds last, the Boris Lawrence Henson Foundation is offering up to five virtual or telehealth sessions with culturally competent providers.

• **Self-Care Tips for Asian Americans Dealing with Racism Amid Coronavirus**
  Therapists share the advice they are giving their Asian American clients (Huffington Post).

• **Apex for Youth Anti-Racism Guide**
  Three-page guide for youth and adults on coronavirus-related racism against Asian Americans: talking about it, responding to it, and caring for self and others.

### Immigrant and Undocumented Communities

• **COVID-19 Resources for Undocumented Immigrants**
  Open source list (Google Doc) of nationwide and state-specific resources. Also available in [Spanish](#).

• **Mental Health: Taking Care of Yourself and Loved Ones**
  Toolkit from Informed Immigrant addressing general mental health topics and specific concerns of immigrants and persons who are undocumented.

• **Wellness Gatherings for Undocumented Young People**
  Weekly virtual gatherings offered by Immigrants Rising and facilitated by mental health and wellness experts.

• **You Have Rights: Protect Your Health**
  Brief overview for mixed-status families on visiting the doctor or enrolling in health insurance. Also available in Amharic, Arabic, Burmese, Chinese, Spanish, Tagalog, and Vietnamese (Protecting Immigrant Families).

• **Supporting Undocumented Students & Families During COVID-19**
  Infographic tip sheet on trauma-informed, strengths-based strategies for educators to support their undocumented students (ImmSchools).

### People with Disabilities and Their Families

• **COVID-19 Information By and For People with Disabilities**
  Plain language guide for adults with intellectual/developmental disabilities.

• **Q&A on COVID-19 and Down Syndrome**

• **COVID-19: Information and Resources for Families of Children and Youth with Special Health Care Needs**
Coping strategies and supports for families with special health care needs. Also available in Spanish (HealthyChildren, American Academy of Pediatrics).

- **COVID-19 Information**
  Strategies and resources for parents of children with special healthcare and medically complex needs (Complex Child).

- **COVID-19 Frequently Asked Questions: Children and Youth with Special Healthcare Needs**
  Guidance from the Centers for Disease Control and Prevention (CDC).

- **COVID-19 Toolkit**
  Resources compiled by the National Autism Society, including a section on Mental Health & Respite.

- **COVID-19: A New Normal for Those on the Autism Spectrum?**
  Tips for families in which a child or adult is autistic (Psychology Today).

- **Coping with COVID-19: A “For-Now” Normal**
  Tips for supporting autistic children who are both verbal and non-verbal (Sesame Street and Autism).

- **Deaf COVID-19 Information**
  Volunteer-run website compiling videos in American Sign Language and Quebec Sign Language.

- **Deaf Counseling Center Coronavirus Support Group**
  Peer-run, community Facebook group for sharing coronavirus-related support and resources (Deaf Counseling).

- **ASL Now COVID-19 Hotline**
  Information on COVID-19 for Deaf individuals. Access by calling ASL Now (Comcast) or VP 833-682-7630.

- **Coronavirus (COVID-19) Resources**
  Articles from the American Foundation for the Blind on topics such as grocery delivery, remote work access, and guide dogs and COVID-19.

**LGBTQIA+ Community and People Living with HIV**

- **COVID-19: What Trans People Need to Know**
  Brief guidebook for trans-specific COVID-19 planning (National Center for Transgender Equality).

- **A Know Your Rights Guide for Transgender People Navigating COVID-19**
  Guidance for transgender and non-binary people from the Transgender Legal Defense & Education Fund (TLDEF).

- **COVID-19 & LGBTQ Older People**
  Brief document from Human Rights Campaign (HRC) on how COVID-19 impact LGBTQ elders and what elders, caregivers, and community members can do.
• **Coronavirus, COVID-19, and Considerations for People Living with HIV and LGBTQIA+ People**
  FAQ-style guidance document from The Fenway Institute.

• **Interim Guidance for COVID-19 and Persons with HIV**
  Strategies for health care providers as well as people living with HIV, including children and pregnant people (AIDSinfo from National Institutes for Health).

• **The Neighborhood: A Virtual Hub for LGBTQ+ Families**
  Online events for LGBTQ families and prospective parents (Family Equality).

### Young Adults and College Students

• **COVID-19 Resources for Youth and Young Adults**
  This page houses the Transitions to Adulthood Center for Research (ACR) tip sheets and webinars for youth, young adults, and college students and their adult supporters. It also links to a Google Sheet with many more resources.

• **Surviving COVID-19: A #RealCollege Guide for Students**
  Guide and infographic for students focused on immediate financial, housing, and health resources (The Hope Center).

• **Caring for Yourself is a Radical Act: Self-Care Guide for Youth Working in Community**
  Digital toolkit from ArtReach created for and with youth workers. Topics include self-care and reflection practices, reflecting on the systems in which we work, trauma, disability justice, boundaries, and more.

• **Love is Louder Action Center**
  Physical distancing guidance, mental health resources, and activities for young people and college students (a project of The Jed Foundation).