



## COVID-19 and Mental Health Resources: For Diverse Populations and Providers Who Support Them<sup>1,2</sup>

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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<sup>1</sup> 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](#),

<sup>2</sup> **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](#)**  
Questions and answers on COVID-19 considerations for the Down syndrome community (National Down Syndrome Society).
- **[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).