



COVID-19 and Mental Health Resources: Supporting Your Mental Health and Managing Your Stress & Anxiety^{1,2}

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](#).

Supporting Your Mental Health: General

- [How to Protect Your Mental Health During the Coronavirus Outbreak](#)
Succinct tips on the National Association of Mental Illness (NAMI) blog.
- [COVID-19 Resource and Information Guide](#)
NAMI created this FAQ-style guide to address an array of needs.
- [Speaking of Psychology: Managing Your Mental Health During COVID-19](#)
Podcast: Best practices to maintain your equilibrium during the pandemic (American Psychological Association).
- [Tips for Social Distancing, Quarantine, And Isolation During An Infectious Disease Outbreak](#)
The Substance Abuse and Mental Health Services Administration (SAMHSA) describes what emotional reactions to expect and how to cope.
- [Mental Health and Coping During COVID-19](#)
Recommendations from the Centers for Disease Control & Prevention.

Managing Stress and Anxiety, Self-Care, Building Resilience

- [Care for your Coronavirus Anxiety](#)
A cleanly designed website with a variety of tools (articles, meditations, etc.) to cope with COVID-related stressors such as isolation, xenophobia, and financial fears (Shine and Mental Health America).
- [Self-Care Starter Kit from the University at Buffalo School of Social Work](#)
Self-care planning, assessment, and support tools for students, social work professionals, and the broader community

¹ Sources for this document include: [NAMI COVID-19 Resource and Information Guide](#), [Mental Health and COVID-19 Information and Resources](#), [APA 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.



- **Calm Together**
Audio meditations, videos, and calming livestreams from Calm.com.
- **Speaking of Psychology: Coronavirus Anxiety**
Podcast: psychologist explains why we worry about new risks more than familiar ones, how to calm our anxiety, and what are the effects of quarantine (American Psychological Association).
- **Staying Grounded**
A worksheet with simple grounding exercises from Mental Health America.
- **Building Your Resilience**
American Psychological Association step-by-step guide to develop a personal resilience strategy.

For Individuals Living with Mental Health Conditions

- **How to Prepare for a Video Appointment with Your Mental Health Clinician**
Infographic (English and Spanish) tip sheet to share with patients (SMI Adviser).
- **Medication Access During COVID-19**
Tips from MHA on managing your medication during the pandemic.
- **Living With Mental Illness During COVID-19 Outbreak– Preparing For Your Wellness**
Tips from Mental Health America (MHA).
- **Resources for the OCD and Related Disorders Community During the COVID-19 Outbreak**
Information for patients and providers from the International OCD Foundation.
- **Dermatillomania During COVID-19**
Infographic tips for avoiding skin picking during the pandemic (Picking Me).
- **Free and Low Cost Support for Individuals Living With Eating Disorders**
List compiled by the National Eating Disorders Association (NEDA).
- **Coronavirus Anxiety—Helpful Expert Tips and Resources**
Links to many informational resources from the Anxiety and Depression Association of America.