COVID-19 and Mental Health Resources: Supporting Your Mental Health and Managing Your Stress & Anxiety\textsuperscript{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

\textsuperscript{1} Sources for this document include: NAMI COVID-19 Resource and Information Guide, Mental Health and COVID-19 Information and Resources, APA Pandemics Webpage

\textsuperscript{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.