Pacific Southwest (HHS Region 9)

MHTTC Mental Health Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

COVID-19 and Mental Health Resources: For Providers[1]

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.

Resources for Health Care Providers (General)

- **Responding to COVID-19**
  Resources from within and beyond the Mental Health Technology Transfer Center (MHTTC) Network. Updated regularly.

- **Resources for Providers: COVID-19 Pandemic Response Resources**
  Variety of fact sheets from the Center for the Study of Traumatic Stress.

- **Self-care advice for health-care providers during COVID-19**
  Concrete strategies to help manage stress (American Psychological Association).

- **Communities Respond to COVID-19 with Innovative High-Impact Strategies**
  Roundtable discussion facilitated by the National Network to Eliminate Disparities in Behavioral Health (NNED) on serving diverse communities.

- **Addressing Abuse and Neglect During COVID-19: The Role of Clinicians**
  Webinar from Zero to Three for pediatricians, mental health providers or directors, and others who work with families.

Resources for Psychologists, Psychiatrists, and Counselors

- **American Psychological Association (APA) Resources on COVID-19**
  Continually updated list of articles, webinars, and podcasts from the APA.

- **FAQs practicing psychologists have about COVID-19**
  Answers to recent COVID-19-inspired questions (APA).

- **For psychological scientists: COVID-19 FAQ**
  Guidance for researchers, faculty, and students (APA).

---

[1] ***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.*

- **Make Informed Decisions Related to COVID-19 and Mental Health**
  Continually updated page of trainings and guidance from SMI Adviser.

- **Seven crucial research findings that can help people deal with COVID-19**
  Research-based coping strategies (APA).

- **How Psychologists can Combat the Racial Inequities of COVID-19 Crisis**
  Description of disparities data and ways psychologists can be allies (APA).

- **Psychologist leads innovative approach to tackle toll of COVID-19**
  Discussion of learnings from daily virtual town halls to address stress and mental health challenges among people held at a national quarantine center (APA).

- **Free Coronavirus Pandemic CE Courses**
  Free, one-hour courses on providing mental health care (Clearly Clinical).

Resources for Social Workers

- **COVID-19 Resources for Social Workers and Therapists**
  List of written and multimedia resources on an array of topics, including EMDR; ethical considerations; and serving communities with special needs.

- **COVID-19 Resources & Updates for Social Workers**
  List of resources and webinars from the National Association of Social Workers (NASW) national organization and chapter members.

- **Addressing Abuse & Neglect During COVID-19: The Role of Home Visitors**
  Webinar from Zero to Three for home visitors to consider safety and services.

- **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

Telemedecine/Telehealth

- **Responding to COVID-19: Telehealth**
  Resources from within and outside of the Mental Health Technology Transfer Center (MHTTC) Network on telehealth.

- **National Consortium of Telehealth Resource Centers**
  Federally funded resources on telehealth, including many COVID-19 resources. Visit the California Telehealth Resource Center, the Southwest Telehealth Resource Center (including AZ and NV), or the Pacific Basin Telehealth Resource Center (Hawaii and U.S. Pacific Island regions) for our region.

- **How to Prepare for a Video Appointment with Your Mental Health Clinician**
  Infographic (English and Spanish) tip sheet to share with patients (SMI Adviser).

- **Telepsychiatry and COVID-19**
  Detailed guidance around technical specifications, billing, and licensure (APA).

- **Telehealth Delivery Training for Mental Health and Substance Use Providers**
  Webinar: Dr. David Frenz outlines logistical, privacy, and billing issues for individual and group sessions in telehealth (Center for Practice Transformation).

- **Ethics of EMDR Therapy and Telehealth During COVID-19**
  Webinar: Discusses the ethics of Eye Movement Desensitization and Reprocessing (Central Ohio EMDR Connection).

Communication Resources

- **COVID Ready Communication Playbook**
  Suggested responses for a variety of difficult situations that health care providers are facing with COVID-19. Videos and trainings also available (VitalTalk).

- **Specific Words & Phrases that can be Helpful When Dealing with COVID**
  Suggested ways to approach patients in treatment and their families.

- **Mental Health and Psychosocial Considerations During COVID-19**
  The World Health Organization developed mental health-related messaging for a variety of audiences (health care workers, team leaders, etc.).

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

Grief and Palliative Care

- **Saying goodbye in the age of physical distancing**
  Research about grieving rituals and how psychologists can support (APA).

- **Grief and COVID-19: Mourning our bygone lives**
  Relevant findings from grief and bereavement research literature (APA).

- **Resources for Hospice and Palliative Care Social Work Professionals During the COVID-19 Crisis**
  The Social Work Hospice & Palliative Care Network (SWHPN) is curating this ongoing list of resources on palliative care and planning.

Supporting Older Adults

- **COVID-19 isn't just a danger to older people's physical health**
  Major new report of the prevalence and risks of loneliness in older people (APA).

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