



## Socially Distanced Resources for Times of Crisis

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\*The following resources are shared as examples and are not necessarily endorsed by the Pacific Southwest MHTTC. Please vet the appropriateness and usefulness of these resources for you and the people you work with. To suggest a resource be added, please email them to [hramirez@cars-rp.org](mailto:hramirez@cars-rp.org).

### **1. Resources to Support Mental Health Providers**

- a. [MHTTC COVID-19 Provider Self-Care](#): MHTTC events and resources to support behavioral health providers' self-care tactics to enhance personal and professional resilience.
- b. Yale School of Medicine [Care for the Caregivers](#)
- c. [Managing Healthcare Workers' COVID-19 Related Stress](#)
- d. [Sustaining the Well-Being of Healthcare Personnel Summary](#)
- e. [ELEOS Pro Bono Teletherapy](#): free therapy for COVID-19 frontline staff
- f. [Vitaltalk.org COVID19 Communication Skills](#) (talking points for communication with patients)
- g. Instead of Doom Scrolling, consider engaging in [Resilience Scrolling](#)
- h. [Resources to Support Mental Health and Coping with Coronavirus \(Extensive list curated by the Suicide Prevention Resource Center\)](#) This link is to an American

Psychological Association article “Stories of hope, resilience and inspiration during the coronavirus pandemic” that chronicles personal stories of hope, resilience, and inspiration from around the world.

## **2. Virtual Social Support: Resources for Social Connection while Physically Distanced**

- a. Virtual Self-help groups
  - i. [12-step fellowships](#) for sobriety
  - ii. [Self Help Community Centers](#) for mental health recovery
  - iii. Veterans of Foreign Wars (VFW) Halls [online Veteran support groups](#)
  - iv. LGBT Community Centers [Chatrooms and other support](#)
- b. COVID-19 guide by and for youth: [New State of Mind: Youth Mental Health Guide](#)
- c. Guide for Black, Indigenous, and other People of Color [BIPOC Mental Health Guide](#)
- d. [BEAM](#) – Black Emotional and Mental Health
- e. Resources for Native Americans
  - i. [Social Distance Powwow](#)
  - ii. [Native Wellness Power Hour](#)
  - iii. [Powwows](#) for Native American communities

## **3. General COVID-19 and Stress Management Apps and Other Resources**

- a. Apps:
  - i. [HeadSpace](#) an app for mindfulness and meditation to manage stress, anxiety, sleep, focus, and fitness.
  - ii. [VA COVID19 Stress Management App](#)
  - iii. [Suicide Safety Plan App](#)
  - iv. [My3](#) Suicide Prevention Safety App
  - v. [Virtual Hope Box App](#) for mood management and suicide prevention
  - vi. [Psychological First Aid App](#) Useful for emotional and psychological stabilization following crisis.
  - vii. [Mental Health Apps and Platforms for People of Color and LGBTQ People](#)
- b. Websites
  - i. [American Psychological Association Coping with COVID19](#)
  - ii. [American Psychiatric Association Coping with COVID19](#)
  - iii. [Inter-Agency Standing Committee MH and COVID19](#)
  - iv. [Helpful Thought Alternatives during COVID-19](#) (CBT type of thought reframes)

## **4. Socially Distanced Suicide Prevention**

### **Educational Websites**

- a. Suicide Prevention Resource Center | <http://www.sprc.org/>
- b. Each Mind Matters | <http://emmresourcecenter.org>
- c. Know the Signs | <https://www.suicideispreventable.org/>
- d. National Suicide Prevention Lifeline | <www.suicidepreventionlifeline.org>
- e. National Action Alliance for Suicide Prevention | <https://theactionalliance.org/>
- f. American Association of Suicidology | <https://suicidology.org/>

- g. American Foundation for Suicide Prevention | <https://afsp.org/>
- h. Zero Suicide [Telehealth and Suicide Care During the COVID-19 Pandemic](#) Resource
- i. PS MHTTC [Telehealth Clinical and Technical Considerations for Mental Health Providers](#) Guide
- j. [Treating Suicidal Patients During COVID-19: Best Practices and Telehealth Webinar](#)
- k. Now Matters Now Website ([Resources for Clinicians](#) 4 mins and [Website Walkthrough](#) 2.5 mins)
- l. Curated Videos: First Person Stories of Hope and Survival  
**First Person Stories of People with Lived Experience (Activation Warning, please watch before sharing with clients/consumers/students)**
  - Kevin Hines ([4 mins](#), [5mins](#))
  - Now Matters Now [Introductory Video](#) (3 mins)
  - Make the Connection (Veterans [Finding Hope Again and Reconnecting](#) 4mins)
  - [Aftercare The Makes a Difference](#) (Diana Cortez Yanez, [Zero Suicide](#), 2mins)
  - [COVID-19 and LGBTQ Youth Suicide Prevention](#) 4mins, [The Trevor Project \(Outreach\)](#) 5mins)
  - It Gets Better ([LGBTQ First Person Stories](#) of Hope, [Jackson Bird](#) 4.23)**American Foundation for Suicide Prevention (AFSP, Stories of Family Members who Have Lost Loved Ones)**
  - YouTube Channel [Talk Saves Lives](#) and [The Overnight Walk](#) (5 mins)
  - [Website](#) Virtual Town Halls, Latest Stats, Learn How to Help, Process Loss**Suicide Prevention Resource Center (SPRC)**
  - YouTube Channel Suicide Prevention and COVID-19 [Initiating and Maintaining Remote Contact](#)
- m. Black Suicide Prevention Resources
  - i. Jasmin Pierre (pictured) has lived experience with suicide. She also designed [The Safe Place](#), a free, Black-oriented mental health App.
  - ii. The [National Organization For People of Color Against Suicide](#) free virtual support groups and training
  - iii. [The Boris Lawrence Henson Foundation](#) free culturally responsive teletherapy during COVID-19.
  - iv. [COVID-19 Self Care and BLM Community Care](#)
  - v. [Depressed While Black](#) (Imade Nibokun, Black affirming care packages for psychiatric hospitals)
  - vi. [#BuildABlackVision](#) for Mental Health
  - vii. [My Therapy Cards](#) (Dr. Ebony Butler's self-exploration card deck for women of color)
  - viii. [Black Minds Matter](#) video series
  - ix. Pastor Otis Moss III discussed his sister's suicide in a [podcast](#) entitled Meditative Story.
- n. Veteran Suicide Prevention
  - i. [S.A.V.E. Training](#)
  - ii. Suicide Prevention Coordinators

- iii. [Veterans Crisis Line](#)
- iv. [Make the Connection Videos](#)
- v. [Cover Me Veterans Gun Skins](#)
- vi. [Local Resource Locator \(find Your VA Medical Center, Suicide Prevention Coordinator, Vet Center\)](#)
- o. LGBTQ+ Suicide Prevention Videos and Websites
  - i. [LGBT Bullying and Suicide](#)
  - ii. [Gay Youth Personal Narrative](#)
  - iii. [Kingsley Speaks Out- Gay Teen Suicide Not Worth It](#)
- p. Children, Youth, and Family Suicide Prevention and Mental Health Support
  - i. NAMI [Family-to-Family Program](#)
  - ii. Suicide Prevention Resource Center [Children Ages 12 and Younger](#), [Schools How Schools Can Take Action \(SPRC\)](#)
  - iii. The best way to prevent suicide is to use a [comprehensive approach](#) that includes these key components:
    - Promote emotional well-being and [connectedness](#) among all students.
    - [Identify students](#) who may be at risk for suicide and assist them in getting help.
    - [Be prepared to respond](#) when a suicide death occurs.

#### 5. Crisis Lines and Warm Lines ([Source](#))

- a. National Crisis Line 1-800-273-8255, text 838255
- b. 24-hour Domestic Violence Hotline 1-800-799-7233
- c. Disaster Distress Helpline: Call 800-985-5990 (TTY 800-846-8517) or text TalkWithUs to 66746 for 24/7 support.
- d. Crisis Text Line: Text HOME to 741741 for 24/7 crisis support.
- e. California Suicide & Crisis Hotlines: Find phone numbers and links to all the suicide and crisis hotlines by county in California.
- f. CalHOPE Peer-Run Warm Line: Call 833-317-HOPE (4673) Monday – Friday from 7am – 11pm for COVID-19 specific non-emergency support.
- g. California Warm Peer Line: Call 855-845-7415 for 24/7 for non-emergency support to talk to a peer counselor with lived experience.
- h. California Youth Crisis Line: Youth ages 12-24 can call or text 800-843-5200 or chat online for 24/7 crisis support
- i. TEEN LINE: Teens can talk to another teen by texting “TEEN” to 839863 from 6pm – 9pm, or call 800-852-8336 from 6pm – 10pm.
- j. Friendship Line: Call 888-670-1360 for 24/7 support if you are 60 years or older, or an adult living with disabilities.
- k. California Aging and Adult Information Line: Call 800-510-2020 for help finding local assistance.
- l. National Suicide Prevention Deaf and Hard of Hearing Hotline: Access 24/7 video relay service by dialing 800-273-8255 (TTY 800-799-4889).
- m. SAMHSA National Helpline: Call 800-662-HELP for 24/7 information and referrals in English and Spanish.
- n. SAMHSA Treatment Locator: Find drug or alcohol treatment programs.
- o. Trevor Project: Call 866-488-7386 or text START to 678678 for 24/7 information and suicide prevention resources for LGBTQ youth.

- p. Lesbian, Gay, Bisexual and Transgender National Hotline: Call 800-273-8255 from 1pm – 9pm for support, information or help finding resources.

\*NOTE: Many of these resources use restrictive interventions, like active rescues (wellness or welfare checks) involving law enforcement or emergency services (with the exception of Trans Lifeline). Callers can ask crisis and warm line workers about alternatives to restrictive interventions.

## 6. Suicide Risk Screening Tools

- a. [NIMH Ask Suicide Screening Questions \(ASQ\)](#)  
[COVID-19 Youth Clinical Pathway](#)  
[COVID-19 Adult Clinical Pathway](#)
- b. [Columbia Suicide Severity Rating Scale \(CSSRS\)](#)  
Watch [Demonstrations](#) of CSSRS risk assessments with various types of clients  
Access [free training](#) in the CSSRS  
Screening and [triaging for schools](#)

## 7. Suicide Safety Planning Tips

- a. “No Suicide Contracts” do not work, safety plans (SP) are brief evidence-based interventions (Stanley & Brown, 2011)
- b. The most effective SPs are collaborative, culturally responsive, strengths based, reduce stigma, maximize social support and connection, are written in the first person “I” language, and copies provided to the client and (with their permission) any identified support person and providers in other agencies they access.
- c. There are several Safety Plans to choose from (click [here](#), [here](#), [here](#), [here](#), and [here](#))

## 8. Key Suicide Prevention Crisis Care Documents

- a. SAMHSA “[National Guidelines for Behavioral Health Crisis Care: Best Practice Toolkit](#)” and related papers on crisis services.
- b. [SAMHSA Implementing Behavioral Health Crisis Care](#). These guidelines are intended to assist states and communities with the development and implementation of effective crisis services and systems.
- c. [\\*Striving for Zero: California's Strategic Plan for Suicide Prevention 2020 - 2025](#)

## 9. Telehealth Resources

- a. [Telehealth Clinical and Technical Considerations for Mental Health Providers | Pacific Southwest Mental Health Technology Transfer Center \(MHTTC\) Network](#)
- b. [Treating Suicidal Patients During COVID-19: Best Practices and Telehealth Webinar](#)
- c. The International Society for Traumatic Stress Studies’ [webinars and podcasts](#) about resilience and trauma during perilous times
- d. Suicide Prevention Resource Center's webinar [Treating Suicidal Patients During COVID-19: Best Practices and Telehealth](#)

## 10. Means Restriction

- a. With such large amounts of medications per shelter-in-place preparedness recommendations, it is important to get rid of outdated and unused Medication blister packs and medication lock boxes, Safe Disposal- [Earth 911 Medication Disposal Locator](#), [Dispose RxGel](#)
- b. Bridge Nets and Volunteers: [bridge angels and safety net](#) (2mins)
- c. Gun Safety: [gun access](#) (7.5mins), gun safes- change the codes! disassemble guns, remove bullets, gun locks

## 11. Additional Resources for People of Color and LGBTQ People curated by Oriana Ides

- a. [Audre Lorde Project Self and Community Care Tools](#)
- b. [People of Color & Mental Illness Photo Project](#) - Normalizing Mental Health Photo Project
- c. "[Protests and the Pandemic with Michele Norris](#)," podcast for some inspiration and affirmation by former First Lady Michelle Obama on Spotify where she discusses mental health.
- d. Black Mental Health  
[Loveland Foundation](#)  
[Therapy for Black Girls](#)  
[Inclusive Therapists](#)  
[Psychology Today](#)  
[Open Path Psychotherapy Collective](#)  
[Therapy for Black Men](#)  
[California Black Women's Health Project](#)
- e. LatinX Community  
[Therapy for Latinx](#)  
[LatinX Therapy](#)  
[Inclusive Therapists](#)  
[Open Path Psychotherapy Collective](#)
- f. Asian American and Pacific Islander (AA/PI)  
[National Asian American Pacific Islander Mental Health Association](#)  
[The Asian Mental Health Project](#)  
[South Asian Mental Health Initiative & Network](#)  
[South Asian Therapist.org](#)  
[Inclusive Therapists](#)  
[Open Path Psychotherapy Collective](#)
- g. LGBTQ Community  
[National Queer and Trans Therapists of Color Network](#)  
[Open Path Psychotherapy Collective](#)  
[Cross Cultural Expressions](#)  
[LGBTQ Center Orange County](#)  
[Trans-Affirming Therapists Academy](#)  
[Trans Lifeline](#)

- h. American Indian/Alaska Native
  - [The National American Indian and Alaska Native MHTTC](#)
- i. Instagram Accounts
  - [@Browngirltherapy](#)
  - [@decolonizingtherapy](#)
  - [@drmarielbuque](#)
  - [@latinxtherapy](#)
  - [@therapyforblackgirls](#)
  - [@dr.thema](#)
  - [@thisisyolandarenteria](#)