

Resources to Staying Mentally Well in Distressing Times

Emergency Phone Lines:

- National Suicide Prevention Lifeline 1-800-273-TALK (8255)
- Veterans Crisis Line is 1-800-273-8255 (Press 1)
- Crisis Text Line: Text ALOHA to 741-741
- Trevor Helpline: 1-866-4U-TREVOR (488-7386)
- Crisis Line of Hawai'i is 808-832-3100 (Oahu) or 1-800-753-6879 for neighbor islands

Contains list of Resources:

- [Pandemics Resources](#) (American Psychological Association)
- [Coronavirus and Emerging Infectious Disease Outbreaks Fact Sheets & Resources](#) (Center for the Study of Traumatic Stress)
- [COVID-19 Resources for Psychiatrists](#) (American Psychiatric Association)
- [Facts sheets for Providers, Families, Leaders](#) (Uniformed Services University - Center for the Study of Traumatic Stress)

Related to the Workplace and Mental Health:

- [Emergency Responder Tips for Taking Care of Yourself](#) (Centers for Disease Control and Prevention)
- [Mental Health First Aid for First Responders](#) (Deborah Glasofer, PhD on *Psychology Today*)
- [Sustaining the Well-Being of Health Care Personnel During Coronavirus and Other Infectious Disease Outbreaks](#) (Center for the Study of Traumatic Stress)
- [Supporting Personnel Experience Work-Related Trauma Exposure](#) (Center for the Study of Traumatic Stress)
- [Managing a Workplace or Organization After a Crisis](#) (Center for the Study of Traumatic Stress)

Related to General Mental Health:

- [Free, Anonymous Mental Health Screeners](#) (Mental Health America)
- [Managing Anxiety & Stress](#) (US Centers for Disease Control and Prevention)
- [Taking Care of Your Emotional Health](#) (US Centers for Disease Control and Prevention)
- [Taking Care of Ourselves During Infectious Disease Outbreaks](#) (American Psychiatric Association)

Related to Mental Health and COVID-19:

- [Protecting your Mental Health During the Coronavirus Outbreak](#) (American Foundation for Suicide Prevention)
- [Five Ways to View Coverage of the Coronavirus](#) (American Psychological Association)
- [Crucial research findings that can help people deal with COVID-19](#) (American Psychological Association)
- [Manage Anxiety and Stress about COVID-19](#) (US Centers for Disease Control and Prevention)
- [Speaking of Psychology: Coronavirus Anxiety](#) (American Psychological Association)
- [Coping with Anxiety and Stress in the Age of Coronavirus](#) (featuring Anne Marie Albano, PhD)

For Families, Caregivers and Children:

- [Taking Care of Your Family During Coronavirus and Other Emerging Infectious Disease Outbreaks](#) (Center for the Study of Traumatic Stress)
- [Parent/Caregiver Guide to Helping Families Cope with COVID-19](#) (The National Child Traumatic Stress Network)
- [Talking to Teens/Tweens about Coronavirus](#) (The New York Times)
- [Just for Kids: A Comic Exploring the New Coronavirus](#) (National Public Radio)
- [Helping Children Cope with Emergencies](#) (US Centers for Disease Control and Prevention)
- [Guidance on Talking to Your Family About COVID-19](#) (The American Academy for Child and Adolescent Psychiatry)

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General Information:

- [Q&A on Coronaviruses](#) (World Health Organization)
- [Red Book Online COVID-19 Summary](#) (American Academy of Pediatrics)

Apps and Technology:

- Mindfulness and Meditation: Headspace (currently free for health care providers), Calm, Insight Timer
- Cognitive Behavioral Strategies: Mood Gym
- Exercise: [FitnessBlender](#) (YouTube)
- Daily Mood Ratings: Daylio, iMoodJournal