Resources to Staying Mentally 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)

Related to General Mental Health:
- Free, Anonymous Mental Health Screeners (Mental Health America)
- Coping with 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:
- Five Ways to View Coverage of the Coronavirus (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)

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)
- 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)

General Information:
- Q&A on Coronaviruses (World Health Organization)
- Red Book Online COVID-19 Summary (American Academy of Pediatrics)