

LCL-PA RESOURCES FOR THE LEGAL PROFESSION DURING COVID-19

Updated September 15, 2020

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RESOURCES FOR THE LEGAL PROFESSION DURING COVID-19

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The LCL-PA staff recognizes that the collateral effects of the current public health crisis can impact your mental health. We offer these resources to help you understand and manage potential challenges and to support your well-being and recovery. All underlined blue text represents a live website link. Simply click on the link to view the material.

GENERAL CORONAVIRUS (COVID-19) INFORMATION AND UPDATES

[Centers for Disease Control and Prevention](#)

The CDC site is likely to offer the most up to date information on the COVID-19 virus.

[National Institutes of Health](#)

The NIH site contains near daily blog posts and news releases relative to research and other information about COVID-19.

[Pennsylvania Department of Health](#)

This Pennsylvania resource is frequently updated with recommendations and data.

HELPLINES

The **National Suicide Prevention Lifeline** provides 24/7 free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

1-800-273-TALK (8255) or use their [Lifeline Web Chat](#)

www.suicidepreventionlifeline.org

- Military and Veterans: 1-800-273-8255 and Press 1
- Spanish Language: 1-800-273-8255 and Press 2

Disaster Distress Helpline: 1-800-985-5990 or text TalkWithUs to 66746

Crisis Text Line serves anyone, in any type of crisis, providing access to free, 24/7 support and information via a medium people already use and trust: text.

Text "HOME" to 741741 www.crisistextline.org

[Pennsylvania Behavioral Health Support & Referral Helpline](#) Created for Pennsylvanians in Need of Behavioral Health Resources and Referrals during COVID-19 Public Health Crisis (Active as of 4/2/2020)

1-855-284-2494 *toll-free, round-the-clock support For TTY, dial 724-631-5600.

Lawyers Concerned for Lawyers of Pennsylvania Lawyers Confidential Helpline

1-888-999-1941 (24/7/365 Confidential Helpline)

www.lclpa.org

Judges Concerned for Judges of Pennsylvania Judges Confidential Helpline

1-888-999-9706 (24/7/365 Confidential Helpline)

www.jcjsa.org

For LGBTQ youth under age 25:

[The Trevor Project](#) is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer & questioning youth.

- Trevor Lifeline: 1-866-488-7386 crisis intervention and suicide prevention phone service 24/7/365
Trevor Text: Text START to 678678 Confidential text messaging w a Trevor counselor, available 24-7/365
- [TrevorChat](#) Confidential online instant messaging w a Trevor counselor, available 24/7- best to access via computer

BACK TO WORK AND LIFE AFTER QUARANTINE

[“How to Reduce Your Risk of PTSD in a Post-COVID-19 World”](#) by Jennifer Taitz, New York Times, May 20, 2020

[From the CDC: Considerations for Events and Gatherings”](#) – The recently released CDC guidance document for larger events.

[“Workplace Mental Health: Employee Support Guide”](#): Helping your workplace meet the mental health needs of returning employees during COVID-19 by Mental Health America

[COVID-19 Guidance for Businesses](#) – updated August 6, 2020 from the office of Governor Tom Wolf (governor.pa.gov)

[COVID-19 Relief Statewide Small Business Assistance](#) - the PA Department of Community and Economic Development has been allocated \$225 million for COVID-19 relief to small businesses through a distribution to [Community Development Financial Institutions](#) (CDFIs). The COVID-19 Relief Pennsylvania Statewide Small Business Assistance program will provide grants ranging from \$5,000 to \$50,000 to small businesses that have been economically impacted by COVID-19.

[Pennsylvania Department of Community and Economic Development](#) website contains helpful resources and guidance for the re-opening phases.

- [Building safety](#) and [business safety](#) orders that can be referenced and shared
- Workplace safety [FAQs](#)

[“Why Some People Wear Masks but Others Don’t: A Look at the Psychology”](#) by Michele Gelfand

[“Fear, Isolation, Depression: The Mental Health Fallout of a Worldwide Pandemic”](#) - article by Christine Vestal from The Pew Charitable Trusts posted May 12, 2020

[“A Guide To Staying Safe During The Economic Re-Opening From A Former ‘Hot Zone’ Physician”](#) - article posted on Forbes.com on May 15, 2020 by Dr. Mark Kortepeter, an infectious disease and public health physician, scientist and retired soldier

[“Lawyer Assistance Programs Gear Up for New Client ‘Explosion’”](#) by Melissa Heelan Stanzione of Bloomberg Law - Lawyer assistance programs are girding for an upswing in demand for services, as attorneys seek help for mental health and substance abuse issues exacerbated by the coronavirus.

[“Leading Through Anxiety: Inspiring Others When You Are Struggling Yourself”](#) – Harvard Business Review- comprehensive article featuring audio clips from guests including a Professor of Psychology and the founder of Boston University’s Center for Anxiety & Related Disorders

[“3 Non-Obvious Workplace Changes that Will Occur Because of COVID-19”](#) - article by Kevin Kruse posted in Forbes on May 13, 2020

[“Employer Tips for Returning to Work in the COVID-19 Era”](#) – Comprehensive review of relevant considerations presented by Fox Rothschild LLP

[“COVID 19: Creating a Safe Workplace” by the Cleveland Clinic](#) - Helping your employees return to work, safely and confidently, during the coronavirus (COVID-19) pandemic is no easy task. Cleveland Clinic has gathered resources from their health experts and the CDC to help you develop and implement a plan. It includes back-to-work guidelines and will be updated frequently as CDC and other information is released.

[“10 Considerations for Implementing Back-to-Work Programs Following COVID-19”](#) – article by Buchanan Ingersoll-Rooney

Reopening guidance for businesses (provided by PBA; more info available on the PBA COVID-19 Resource Guide for Lawyers website)

- [Reopening Guidance for Cleaning and Disinfecting Public Spaces, Workplaces, Businesses, Schools, and Homes \(Centers for Disease Control and Prevention\)](#)
- [Bringing PA Back \(PA Chamber\)](#)

- [Order of the Secretary of the Pennsylvania Department of Health Directing Public Health Safety Measures for Businesses Permitted to Maintain In-person Operations](#)
- [Reopening America Cleaning Disinfection Decision Tool \(Centers for Disease Control and Prevention\)](#)
- [Pennsylvania Department of Community and Economic Development \(DCED\) Resources](#)

[“Life after COVID-19 Making Space for Growth”](#)- article by Kirsten Weir posted on May 4, 2020 by the American Psychological Association- “In this time of grief, the theory of *post-traumatic growth* suggests people can emerge from trauma even stronger.”

[“Quarantine Fatigue is Real - Instead of an all-or-nothing approach to risk prevention, Americans need a manual on how to have a life in a pandemic”](#) – article in the Atlantic on May 11, 2020 by Julia Marcus

[“3 Experts Explain How You Can Combat Quarantine Fatigue”](#) – article by Sarah Sloat, posted on Inverse on May 10, 2020.

[“As Society Re-Opens, Not Everyone is Ready”](#) - article by Kelli Miller and Margarita Martin—Hidalgo Birnbaum on WebMD, May 5, 2020

[“Is Your Anxiety Ramping Up? You Aren’t Alone: Here’s What Mental Health Professionals Say”](#)- This is major trauma to the country right now, especially as the country ramps up for ‘re-opening.’ – article by Soo Youn posted in The Lily on May 6, 2020

[“How to Advance Mindfulness in the Workplace”](#)- article by Jeena Cho in the ABA Journal, April 1, 2020

[“4 Ways to Communicate when you Can’t See Someone’s Face”](#)- These tips will help you improve your communication in the age of face masks. Article by Susan Krauss Whitbourne, PhD in Psychology Today on April 21, 2020

PERSONAL, PRACTICE MANAGEMENT & LEADERSHIP RESOURCES FOR LAWYERS

[7 Tips for Cost-Efficient and Effective Law Firm Marketing during COVID-19](#) ABA Journal Newsletter September 11, 2020

[“Vicarious Trauma is Real and Really, Really Common with Lawyers”](#) by Brandon Vogel, New York State Bar Association

[“3 Guiding Principles for Workplaces This National Suicide Prevention Month and Beyond”](#) by Bernie Wong, Forbes, September 10, 2020

[“Op-ed: Red Flags that your Coworker has Fallen Prey to Addiction during the Pandemic”](#) by Rachel Graham on CNBC, September 9, 2020

[Fox Rothschild Coronavirus Resources](#) – Free information on return to workplace issues, the CARES Act , FFCRA, state-specific information and webinars related to the COVID pandemic as it affects lawyers and their clients.

[“Landed Out of Work? Ten Ways to Reset Your Mindset”](#) by Margie Warrell, Forbes, June 25, 2020

[“Workplace Mental Health: Employee Support Guide”](#): Helping your workplace meet the mental health needs of returning employees during COVID-19 by Mental Health America

[“The Zoom Boom: How Videoconferencing Tools are Changing the Legal Profession”](#) by Ellen Rosen in the ABA Journal, June 3, 2020

[“How to Form a Mental Health Employee Resource Group”](#) by Jen Porter, Bernie Wong, Kelly Greenwood of Harvard Business Review, May 19, 2020”

[Bloomberg Law’s In Focus: Lawyer Well-Being](#) compiles various resources for attorneys, law students, and judges who want help dealing with wellness and quality of life issues ranging from anxiety, stress, depression, and substance use disorders. Lawyer assistance program information, model employee surveys, practitioner insights, managing employees’ rights and needs, etc.

[“Keeping Yourself and Your Kids Safe and Healthy in the Pandemic: Tips for Judges, Legal Professionals, and Court Personnel”](#) from the National Child Traumatic Stress Network

[“Why Lawyers are the Most Impaired Professionals”](#) by Corey Rabin, Bloomberg Law, May 2020

["8 HR Leaders Share the Crucial Management Insights They've Learned during COVID"](#) – by Laura Garnett of Forbes, May 26, 2020

FREE CLE:

- Check out LCL-PA's websites, www.lclpa.org or www.jcipa.org (under Resources tab) to access nine (9) FREE ETHICS CLE programs presented by LCL-PA staff including:
 - ✓ ["Your Time to Thrive: A Journey to Wellness in the Legal Profession"](#) (NEW)
 - ✓ "The Impaired Lawyer: A Call to Action" (NEW) (Esquire CLE and Lawline)
 - ✓ ["Coronavirus and Your Mental Health"](#) (NEW)
 - ✓ ["No One Makes It Out Unscathed: The Effects of Personal Trauma and Stress On Our Lives"](#) (NEW audio CLE)
 - ✓ ["Attorney Licensure and the Impaired Professional"](#)
 - ✓ "Don't Give Up Five Minutes Before The Miracle" (LexVid & Lawline)
 - ✓ ["Intervention Strategies for Helping Legal Professionals"](#)
- Free to ABA Members ["Staying Mentally Safe, Sound and Sober during COVID-19"](#)- ABA CLE featuring Laurie Besden, Esq., LCL-PA's Executive Director (\$50 for non-members) Global pandemics like COVID-19 put into stark relief the extraordinary stressors that you, your firm's employee and your clients are under. How do you recognize the signs and symptoms of behavioral health disorders that can be adversely affected by the current situation? Moreover, do you have the strategies to address these? Making sure you do is part of the ethical responsibility you owe your client(s).

The [American Psychiatric Association's Center for Workplace Mental Health](#) has created a comprehensive resource guide for maintaining mental health and well-being during the pandemic that contains wonderful articles about managing mental health, stigma, resilience, coping, etc. It also provides free access to webinars and podcasts about mental health both from a worker's and an employer's perspectives.

["A National Survey on the New Normal of Working Remotely: Best Practices for Legal Employers during the COVID-19 Pandemic"](#) – a special report by The Red Bee Group summarizing their national online survey findings (over 300 respondents surveyed in late March 2020) and making recommendations regarding remote work by legal employers

["4 Ways to Quiet Imposter Syndrome and Start Believing in Yourself"](#) -an article and accompanying TED Talk by Tania Katan published in 2019

["How to Avoid Burnout in the Age of Remote Work"](#) – article by Shelcy V. Joseph on Forbes.com on May 18, 2020

[“Lawyer Well-Being during COVID-19”](#) – free podcast discussing strategies and resources aimed at encouraging well-being for lawyers, their support teams, and institutional stakeholders

[“COVID-19 and Emotional Wellbeing”](#) - Article by Kathleen Schulz from Gallagher on protecting workplace culture during a pandemic and general organizational wellbeing

[“4 Best Practices for Biglaw Firms That Are Weathering the Storm Well”](#) – article by David Lat in Above the Law posted on May 5, 2020.

[“5 Steps to Help You Effectively Mentor during a Pandemic”](#) – article by Ruth Gotian in Forbes, May 12, 2020

[“Three Hours Longer, the Pandemic Workday Has Obliterated Work-Life Balance”](#) – article by Michelle Davis and Jeff Green in Bloomberg News on April 27, 2020

[“12 Tips to Market Your Law Practice during the Pandemic”](#) - article by Larry Bodine in the ABA Journal on April 14, 2020

[“Unhealthy Law Firm Dyads Made Worse during the Pandemic—and what to do about them”](#) – article by Peter Lobl posted on Law.com on May 12, 2020. *“What our isolated associate needs from the firm now is a lifeline—a process that he can grab a hold of in order to inform the firm how unbearable his work situation is becoming.”*

[“How to Advance Mindfulness in the Workplace”](#) - article by Jeena Cho in the ABA Journal, April 1, 2020

[“Promoting Lawyer Well-Being is More Essential than Ever”](#) – article by Krista Larson posted on May 6, 2020 in Law360.

[ABA's Lawyer Well-Being Week](#)- brought to you by the National Task Force on Lawyer Well-being - Free webinars, online activities, and other events. Check out the website lawyerwell-being.net for a wealth of information and activities you can pursue at any time.

[“Shift Your Organization from Panic to Purpose”](#) by Goodson, Scott, Demos, Ali, Dhanaraj, Charles in Harvard Business Review, April 27, 2020

[“Managing The Big Risk Of Bringing Your Employees Back To Work”](#) By Edward D. Hess in Crisis Management Culture Leadership/Management Talent Management

[“8 Ways to Train Your Mind to Succeed During Uncertain Times”](#) by Oliver Isaacs of Entrepreneur, April 25, 2020

The [American Bar Association Task Force on Legal Needs Arising Out of the 2020 Pandemic](#) launched a website to provide information about resources, changes in benefits and emerging legal issues caused by the COVID-19 pandemic. Designed to be a national source of information about the coronavirus and the delivery of legal service, the website includes resources on remote service delivery, court access and rules changes, legal needs, public benefits programs, and pro bono mobilization.

[ABA Coronavirus Task Force](#) resource page and [Free video series on YouTube about working remotely, SBA loans, and other topics affecting legal practice during Covid-19](#)

[BakerHostetler offers a comprehensive and free online COVID-19 Resource Center](#) that is updated daily and includes many posts, articles, etc. about legal topics relevant to the pandemic, including questions about legal and business concerns arising from the COVID-19 crisis. It includes detailed information about the CARES Act and about actions businesses may or must take to address a number of issues to protect employees and business operations, as well as other information about the current legal landscape.

[Fastcase COVID-19 Resource Hub](#) – provides legislative and governmental updates and pandemic related content from across leading news media sources

["The Secrets to Virtual Facilitation."](#) - a free webinar offered Leadership Strategies

["COVID-19 Privacy and Security Issues: An Expert Discussion"](#) a free web conference taped on March 31, 2020 and hosted by legal and privacy operations leaders and government officials in the health care an employment fields. Sponsored by the International Association of Privacy Professionals

["Law Firm Cybersecurity Requirements You Never Dreamed Of: Emerging Threats, Ethical Obligations to Clients, and Survival Tactics"](#) – a free audio recording from the ABA Cybersecurity Legal Task Force

["A Virtual Structure for Law Firms: Guidelines for Containing Your Lawyers' Anxiety in the Age of COVID-19"](#) – article by Peter Lobl on Law.com. Making humane contact virtually across our physical divide might help law firms generate a new kind of professional connection among their lawyers.

["COVID-19 and the Reformation of Legal Culture"](#) by Mark A. Cohen in *Forbes*, April 14, 2020 – a great article about the legacy COVID-19 will leave for the legal profession and the changes in the legal culture that are coming whether we like it or not

[Bloomberg Law](#) is providing free access to comprehensive legal resources relating to COVID-19, called ["Practical Guidance: Coronavirus Toolkit"](#). Topics covered include contract management,

force majeure, communicating with employees, third party management, etc. Many policy and procedure forms and checklists are available free as well.

[FindLaw offers free COVID-19 information and resources for legal professionals](#) on topics related to law practice and mental health and wellness.

[Prioritizing in a Pandemic for Law Firms \(free videos from the NC Bar Association\)](#)

- [Covid-19: Awareness, Response, and Workplace Plans/Policies \(Part 1\)](#)
- [Covid-19: Law Firm Operations \(Part 2\)](#)
- [Covid-19: Serving Clients \(Part 3\)](#)

[ABA COVID-19 Mental Health Resources](#) – a comprehensive compilation of lawyer-specific practice and mental health resources

[Pennsylvania Bar Association – COVID-19 Resources Guide for Lawyers](#) – Contains court updates and connections, federal information and programs to assist small businesses, CLE resources, articles, blog posts and guidance for lawyers, legislation and governmental orders relevant to lawyers, and mental health resources

PBS’s WHYY Radio Times free [audio](#) discussion on [“Productivity and Physical Touch During Coronavirus”](#)

[Lawline also offers a series of free webinars](#) and short briefings to help attorneys during the pandemic on topics ranging from shifting to a remote workplace, reductions in workforce and payroll considerations, liability issues, virtual hearings, custody issues during the health crisis, updating your coronavirus response plan, estate planning and immigration updates during the pandemic etc. [Click here](#) for a complete list.

Free webinar: [“How to Stay Sane, Productive, and Healthy in Isolation: Wellness Strategies for Attorneys during the Pandemic”](#) by W. Meyerhofer, former big-law attorney and current licensed clinical social worker

[Harvard Law School Center on the Legal Profession March/April 2020 issue of The Practice: “Approaching Lawyer Well-Being”](#) – includes articles on grappling with COVID-19 and others on operational and individual lawyer wellness

[“The Leader’s Guide to Managing COVID-19 Panic”](#) by Jan Bruce (Forbes magazine)

[“8 Strategies to Set up Remote Work during the Coronavirus Outbreak”](#) by Marten Mickos

[Pandemic Preparedness Resources from the National Association of Bar Executives](#) Contains extensive information on the following:

- Webinar script examples
- Various platforms available for teleconferencing, electronic meetings and video conferencing
- Advice and tips for working remotely
- Articles on how to take care of yourself and your team
- Government Agency Resources
- Information about the CARES Act (Coronavirus Aid, Relief and Economic Security Act)
 - [ABA Summary of 10 Highlights of the CARES Act](#)
 - [US Chamber of Commerce CARES Guide: What Small Businesses Need to Know](#)
 - [ASAE Summary of Provisions of the CARES Act Applicable to Associations and Foundations](#)

[Thomson Reuters Practical Law – Global Coronavirus Toolkit](#) – Contains relevant legal updates, practice notes, checklists, a multitude of relevant articles and a link to a live tally and discussion of [federal legislative responses to the coronavirus](#).

[Free Products and Resources for Legal Professionals Suring the Coronavirus Crisis](#) – A site dedicated to providing updated information about practice management, services, products, education programs and news and resources made available for free to legal professionals during the COVID-19 crisis including:

- [Free Coronavirus Page at Law 360](#) (owned by LexisNexis) with news, in-depth features and expert analysis related to Covid-19 and the law.
- [Lexis Nexis Practice Advisor](#) is also providing a free [Coronavirus Resource Kit](#)

STAYING BUSY & HEALTHY WHILE SOCIAL DISTANCING

[“Develop Your Mindfulness Practice N.O.W.”](#) – a free podcast from the ABA (41 minutes) discussing the benefits of mindfulness for lawyers and tips for developing a practice.

[“7 Myths about Mindfulness \(and What You Need to Know\)” - Why not embrace practices that lower stress and anxiety and improve your health?](#) By Seth J. Gilihan, PhD, Psychology Today, June 1, 2016

[“Stop Beating Yourself Up about Your “Corona Diet””](#) – article from Cleveland Clinic providing nine ways to get your healthy eating back on track.

[“Quarantine Fatigue is Real - Instead of an all-or-nothing approach to risk prevention, Americans need a manual on how to have a life in a pandemic”](#) – article in the Atlantic on May 11, 2020 by Julia Marcus

[“3 Experts Explain How You Can Combat Quarantine Fatigue”](#) – article by Sarah Sloat, posted on Inverse on May 10, 2020.

[“If People Not Wearing Masks and Walking Too Close Is Driving You Crazy, Here's How to Keep the Focus on Yourself”](#) –article by Beth Greenfield posted on Yahoo Life on May 6, 2020

[“The Perils of Perfectionism during Lockdown”](#) – article by Fuschia Sirois posted on The Conversation on April 17, 2020

[“Making a Homemade Coronavirus Mask? Doubled T-shirt Fabric offers 98% Droplet Blocking Protection”](#) – very interesting scientific article written by scientists at the University of Illinois on [Neurosciencenews.com](#) posted on May 4, 2020 about the efficacy of various fabrics in preventing COVID-19 spread

[“A Short Mindfulness Exercise for Anxiety”](#) – a 9 minute exercise to reduce anxiety by Dr Robert Hindman, PhD from the Beck Institute for Cognitive Behavioral Therapy posted on YouTube March 31, 2020

[“Your 5-Day Gratitude Challenge: 5 Exercises to Increase Your Gratefulness”](#) – article by Daryl Chen on [ideas.ted.com](#)

[The Great Courses](#) – Learn everything about anything. Stream unlimited courses on countless topics. Try it for free for the first month.

[“Speaking of Psychology: COVID-19 and the Loss of Rituals, Formation of New Ones”](#) - free audio/podcast (22 minutes) - The coronavirus is keeping us from experiencing some of the deepest and most meaningful rituals of our lives, from graduations to weddings to funerals. What is this doing to us psychologically? By Michael I. Norton, PhD, professor of business administration at the Harvard Business School; Sponsored by the American Psychological Association.

[“How to Improve Your Sleep during the COVID-19 Pandemic”](#) – article by the Brofenbrenner Center for Translational Research Evidence-Based Living posted in Psychology Today on May 7, 2020

[“How to Actually Achieve Your Well-Being Goals during the Coronavirus”](#) – article in Bloomberg Law by Jarrett Green and Rebecca Simon Green

[“10 Ways to Cheer Someone Up Right Now”](#) – Simple ways to be of service to others to make them and you feel better about the current health crisis - by Emily Skehill of Mental Health America- posted on MHA site May 4, 2020

[“How to Support a Loved One Going Through a Tough Time During COVID-19”](#) by Rubina Kapil- article posted on Mental Health First Aid website March 20, 2020

Free Meditations:

- [Center for Mindful Self-Compassion – free self-compassion meditation sessions](#) – daily 45 minute drop-in sessions for those interested in meditating together
- Download the free app called “Insight Timer” for many free meditations at your fingertips

[“Zoom fatigue’ is taxing the brain. Here's why that happens.”](#) By Julia Sklar of National Geographic, April 24, 2020. Video calls seemed an elegant solution to remote work, but they wear on the psyche in complicated ways.

[“Social Isolation And The Coronavirus: 8 Surprising Reasons You’ll Be Thrilled To Get Back To Your Office”](#) by Tracy Bower from Forbes, April 15, 2020

[“The Five Challenges of Staying Home”](#) - article by Steven C. Hayes, PhD; posted on Psychology Today, April 6, 2020

[“Why Video Chats are Wearing Us Out: Technology is saving us in quarantine—but it's also taking a toll. Here's why.”](#) - article by Doreen Dodgen-Magee, Psy.D , Psychology Today, April 17, 2020

[“Home Office Syndrome: There's no place like home—unless you’re working from there because of COVID-19.”](#) – article by Alex Dimitriu M.D. in Psychology Today, April 13, 2020.

[Writing Matters: Writing to Support your Mental Health Journey](#) – article by Mental Health America

[“Dealing with Social Isolation”](#) by Brian Cuban, author of “The Addicted Lawyer”

[“100 things to do while stuck inside due to a pandemic”](#) published by USA Today Peloton is offering 90 days free access to all of their classes @ <https://www.onepeloton.com/app>

[Coronavirus Sanity Guide](#) – by Ten Percent Happier to help you cope with this moment of uncertainty and anxiety

Types of Thinking That Can Get in Your Way

1. All-or-nothing thinking: "I must do it all now."

2. Catastrophizing: "This is a disaster."

3. Taking too much on: "I have to say yes to everything."

4. Waiting for inspiration: "I'll do it when I feel better."

5. Failure to prioritize: "I'll do everything at once."

6. Focusing on shoulds: "I shouldn't be this way."
"I should be able to handle this."

7. Magnifying: "These tasks are impossible."

8. Avoiding: "It's just too much. I'll watch TV instead."

IDONTMIND

Just Checking In

**Ten simple questions to check in
on someone's mental health**

- 1. How are you feeling today, really? Physically and mentally.**
- 2. What's taking up most of your headspace right now?**
- 3. What was your last full meal, and have you been drinking enough water?**
- 4. How have you been sleeping?**
- 5. What have you been doing for exercise?**
- 6. What did you do today that made you feel good?**
- 7. What's something you can do today that would be good for you?**
- 8. What's something you're looking forward to in the next few days?**
- 9. What's something we can do together this week, even if we're apart?**
- 10. What are you grateful for right now?**

“

6 Things to Say to Someone Who's Depressed

”

1. "I'm here for you."

Just offering to be there can help them feel less alone.

2. "What can I do to help?"

Even listening to their worries can help. If they say nothing needs to be done, it still shows that you care.

3. "I like [X/Y/Z] about you."

Positive reinforcement can help soften self-berating tendencies and test the reality of their thoughts.

4. "Yeah, that is lousy."

Acknowledging real concerns makes a person feel like they are being heard instead of misunderstood or ignored.

5. "There are ways to get through this difficult time."

Being there to reassure and accompany a depressed person in getting professional help can make a real difference.

6. "I've been through it, too."

If you've had a mental health condition, talking about it can matter to someone who feels no one understands them.



What to Remember About Emotions



1. You are **not your emotions.**

Feeling anger doesn't make you an "angry person."

2. Emotions **come and go.**

Even an intense physical reaction may peak within minutes if you let it pass.

3. Emotions **don't need a specific reason.**

Sometimes it's OK to focus on feeling better rather than digging around for "what's wrong."

4. Emotions **do not require a reaction.**

With practice, it gets easier to pause and look around before choosing what to do, if anything.

5. Strong emotion is **not inherently negative.**

Nature worked hard to give us a wide range of emotional experiences and signals.

STRESS, ANXIETY, GRIEF & RESILIENCE DURING THE PUBLIC HEALTH CRISIS

[Red Cross Virtual Family Assistance Center – Free Resources to Help Support Families Struggling with Loss and Grief Due to the Pandemic](#)

[“Learning to Let Go: Using Acceptance and Commitment Therapy to Manage an Uncertain World”](#) - by Nick Joyce, PhD in Psychology Today, August 8, 2020

[“How to Deal with Overwhelm in a Pandemic \(Hint: Check Your Window of Tolerance\)”](#) – by CPTSD Foundation - www.cptsdfoundation.org by Robyn Brickel, September 9, 2020

[“How to Cope with Traumatic Stress”](#) – by the American Psychological Association, October 30, 2019

[“Less Stress, Clearer Thoughts with Mindfulness Meditation”](#) – by Liz Mineo from the Harvard Gazette

[“Protective and Risk Factors for Toxic Stress”](#) – by Mental Health America

[“Staying Strong during Lockdown Means Reaching Out — and Working Your Mind, Too”](#) by April Fulton of NPR, August 18, 2020

[“Pain is Unavoidable, Suffering is Optional”](#) – by Jade Wu, PhD from Psychology Today, August 17, 2020

[“The Other Second Wave COVID-Related Stressors and Increasing Instances of Substance Abuse”](#) – by Dr. Samoon Ahmad, PhD on Psychology Today, August 10, 2020

[“10 Steps to Identify Irrational Resistance to Self-Care”](#) by Rosario Lozada in the ABA Journal, August 6, 2020

[“Grief is Essential”](#) by Shawn Healy, psychologist in AttorneyAtWork.com – relative to lawyer well-being and law firms

[Post Traumatic Growth Information Sheet - Post-traumatic growth \(PTG\) is this form of positive change that people experience as a result of struggling with major life crises or a traumatic event.](#) PTG can be considered an outcome as well as a process. It is about maintaining a sense of hope that not only can a person who has experienced trauma survive but they can also experience positive life changes as a result. Information from the PA Recovery Organizations Alliance

[“Neuroscientist: COVID Brain is Real: Here’s How to Deal with It”](#) by Jessica Stillman, Inc.com, July 10, 2020

[“Why Alcohol, Prescription Medications May Be Making Your Anxiety and Depression Worse”](#) – by Dr. Joseph Garbely

[“The Addiction Nobody Talks About but everybody is Doing and 10 Solutions”](#) – excellent article on ‘workaholism’ by Bryan Robinson for Forbes, June 20, 2020

[“Disordered Eating in a Disordered Time”](#) by Emma Goldberg of the New York Times, June 5, 2020.

[“The Mental Health Toll from the Coronavirus Could Rival that of the Disease Itself”](#) by Adam Piore of Newsweek, May 29, 2020

[“How COVID-19 is Impacting Mental Health: A Recent Review of Over 40 Studies”](#) by Grant H. Brenner, posted on Psychology Today June 3, 2020

[“5 TED Talks to Help You Manage Stress”](#) – free to view

[“5 Irrational Thinking Patterns That Could Be Dragging you Down”](#) article and TED talk by Joan Rosenberg, author of *90 Seconds to a Life You Love: How to Master Difficult Feelings to Cultivate Lasting Confidence, Resilience and Authenticity*, Little, Brown Spark, 2019

[“Secondary Trauma in the Time of COVID-19”](#) by Bethany Jones from Mental Health America

[“How to Build Resilience during the Coronavirus Era and Other Times of Uncertainty”](#) by Jarret Jackson of Forbes – posted May 27, 2020 – “A lot of us these days are looking for the light at the end of the tunnel. COVID-19 has consumed us and changed our lives for months. While many businesses have found ways to continue their operations (with essential personnel only or through adaptive measures like video calls), other businesses, particularly small businesses, may not be so fortunate. That is why, now more than ever, *building executive resilience, as a leader, manager or human being*, is so important.”

[“More People Are Taking Drugs for Anxiety and Insomnia, and Doctors Are Worried”](#) – by Andrea Petersen, Wall Street Journal, May 25, 2020 - “Prescriptions for anti-anxiety medications and sleep aids have risen during the pandemic, prompting doctors to warn about the possibility of long-term addiction and abuse of the drugs.”

[“COVID-19 and Opioid Deaths: How Much Collateral Damage is Acceptable?”](#) by Dr. Asif Ilyas, Director, Rothman Orthopedic Institute for Opioid Research and Education and Professor, Jefferson Medical College

[“A Third of Americans Now Show Signs of Clinical Anxiety or Depression, Census Bureau Finds Amid Coronavirus Pandemic”](#) – by Alyssa Fowers and William Wan, The Washington Post, May 26, 2020

[“A New 7-Item Test of COVID’s Effect on Your Mental Health”](#) - See how you rate on COVID-19 anxiety with this newly-developed test. – written by Susan Krauss Whitbourne, PhD and posted on Psychology Today on May 19, 2020.

Free Apple podcasts:

- [“How to Tame Burnout When Your Office Is Your Bedroom”](#) – 13 minute podcast by Dr. Susan David
- [“Facing Loneliness with Dr. Steven C. Hayes”](#) – 14 minute podcast plus [“A Quick Loneliness Exercise with Dr. Steven C. Hayes”](#) - If you've been struggling with loneliness, know you're not the only one. Psychologist Susan David shares steps you can take to mitigate the feeling of loneliness, and explores what we know about making meaningful connections.

Follow Law.com (@lawdotcom) on Twitter at [#MindsOverMatters](#) for updated information, Twitter chats, personal stories and resources relative to lawyer mental health and hosted by Law.com’s Minds Over Matters initiative.

[“Experts Say it’s Like Getting a Mental Health Stimulus Check from Your Peers”](#) – great article by Denise Brodey on forbes.com (April 26, 2020) on the current data and effort around the efficacy of peer support for mental health

[“Tips to help stressed-out lawyers during COVID-19 pandemic”](#) – a review of the recent ABA webinar with panelist Laurie Besden, Esq., LCL-PA’s Executive Director – includes simple strategies to calm anxiety. The CLE webinar, titled [“Staying Mentally Safe, Sound and Sober during COVID-19”](#) is available on demand for free to ABA members.

[“The Crisis Kit – 5 Tools for Helping...Through Turbulent Times”](#) – comprehensive toolkit created by PositivePsychology.com. This Crisis Kit discusses five of the most relevant tools from our Positive Psychology Toolkit that you can use to help yourself and others to: use your/their mental resources well, connect to a place of inner peace, become aware of factors within and beyond personal control, practice acceptance-based coping, and remain calm and composed in the face of stress.

[“10 Secrets People in Recovery from Addiction Know that Could Help Us All Survive this Global Pandemic”](#)- article on Medium on April 28, 2020

[“Emotional Contagion Is Potent: Use It to Spread Possibility, Not Pessimism”](#) – article by Margie Warrell in Forbes on May 6, 2020

[“5 Signs Your Coronavirus Anxiety Has Turned Serious, Threatening Your Mental Health, And What to Do About It”](#) – article by Sandee LaMotte posted on CNN.com May 5, 2020

[“Are You OK? An Attorney Living With Depression and His Advice for You.”](#) – by Russell Shrauner – posted in the Texas State Bar’s TLAP blog on May 4, 2020

[“Feeling Drained by Coronavirus Quarantine? Science Can Explain Why”](#) – article by Deborah Netburn from the Los Angeles Times on April 29, 2020

[“If There Was Ever a Time to Activate Your Vagus Nerve, It Is Now”](#) - Four simple steps to return to a ‘rest and digest’ state, by Ashley Abramson - a fabulous introduction to polyvagal theory and how we can train our bodies to get out of fight or flight mode during this crisis

[“Speaking of Psychology: The Most Boring Podcast Ever \(Or, What to Do with Yourself during COVID-19\)”](#) by Dr. Erin Westgate, PhD - Free Podcast (40 min.) and transcript available and sponsored by the American Psychological Association. Dr. Westgate is an assistant professor of psychology at the University of Florida who studies boredom, procrastination and why some thoughts are more engaging than others. She offers some ideas on how to use this downtime constructively and why not all procrastination is bad.

[“Under Stress, We All Regress - A story of how compassion helped a family find relief when stressful conditions activated trauma triggers and coping mechanisms”](#) by J. TeGrotenhuis, LMHC, posted Apr 16, 2020.

[“The Key to Good Mental Health in Quarantine is In the Food You Eat”](#) by Natalie Meade posted on Quartz April 24, 2020 - great article about nutritional psychiatry and the food-mood paradigm

[“Neuroscience Says Listening to This Song Reduces Anxiety by Up to 65 Percent”](#) : Sure to both stir your soul and calm your nervous system. Article by Melanie Curtain of Inc. magazine. She reveals a 10-song playlist that has been scientifically proven to improve relaxation and reduce stress.

[“Three Ways the Coronavirus Pandemic is Changing Who We Are”](#)- article by Arie Kruglanski, University of Maryland (March 20, 2020)

[“The Role of Resilience in the Face of COVID-19”](#) – available for free as audio or video recording (length of 32 minutes) by Ann Masten, PhD, who is an expert on human resilience. She provides tips on how to tap your inner resilience and build it in your family.

[“Lockdown is the World’s Biggest Psychological Experiment-and We Will Pay the Price”](#) by Dr. Elke Van Hoof, Psychology Professor in conjunction with the World Economic Forum

[“30 Positive Affirmations to Help Get You through the Coronavirus Pandemic”](#) - Affirmations challenge your thinking and change the way you view your current situation even if things may still appear to be grim. By stating positive affirmations every day, you empower your mindset. You can shift your thinking from a defeated mindset to a successful mindset and that’s what keeps you putting one foot forward every day.

[“How Lawyers Can Manage Stress and Cortisol Levels during the COVID-19 Crisis”](#)- Article by James Gray Robinson, ABA Journal April 22, 2020

Free 15’ TED Talks on Apple Podcasts: [“Checking In”](#) with Harvard Medical School psychologist Dr. Susan David – topics include:

- Moving forward with grief
- Regaining control in an unpredictable world
- How to manage fear and panic in times of uncertainty

TED talk – [“How to be your Best Self in Times of Crisis”](#) - Feeling overwhelmed by the news and your social media feed? Harvard psychologist Susan David explains how to deal with difficult emotions.

[“7 Ways to Stay Resilient during the Pandemic”](#) by resilientworker.net on April 13, 2020

[“Feeling Grief over the Loss of Normalcy”](#)- article by Megan Seidman of the Caron Foundation on May 5, 2020

[“That Uncomfortable Coronavirus Feeling: It Could Be Grief”](#) – April 15, 2020 CNN article by Marnie Hunter about grief, guilt and the restoration of gratitude during the pandemic

[When Hidden Grief is Triggered During COVID-19 Confinement](#) – excellent article by renowned clinical psychologist Dr. Tian Dayton discussing how to use these days of the crisis to heal old wounds rather than re-enact them

[“That Discomfort You’re Feeling is Grief”](#) by Scott Berinato March 23, 2020 (Harvard Business Review)

[“Having weird dreams in quarantine? You’re not alone.”](#) By Terry Nguyen from Vox April 9, 2020 - Why so many people seem to be having vivid dreams right now, explained by an expert.

[“What’s Keeping Me Up at Night? It’s Not What You Think!”](#) by Tory Tomassetti, Ph.D.

[Stress Management during COVID-19](#) – free video webinar by Caron available on YouTube

[Practicing Self-Compassion](#) – Free on-demand 1-hour webinar by Mental Health America - The science behind why we are so hard on ourselves, the research behind self-compassion and its impact on our wellbeing, and self-compassion tools to practice and share with others

[“Mental Health and Coping during COVID-19”](#) published by the CDC

[“7 Science-Based Strategies to Cope with Coronavirus Anxiety”](#) by Jelena Kecmanovic

[“\[Lawyer\] Anxiety, Self-Protective Behavior, Ethical Sinkholes, and Professional Responsibility”](#) by Dan Defoe

[“Coronavirus and your Mental Health: Two Experts Explain Why We Panic and How to Cope”](#) by Joanna Chiu

[“How Do You Keep Down Your Stress Levels at the Office?”](#) by Stephen Rynkiewicz (ABA Journal)

[“Stigma and Resilience”](#) published by the CDC

[“A 23-Minute Anxiety Practice”](#) (Audio Guided Meditation) by Hugh Byrne

[5 TED Talks to Help You Manage Anxiety and Build Resilience](#) – by Betsy Mikel, Inc.com

ABA CoLAP Lawyer Well-Being Week: [Free Videos on the Lawyer Well-being YouTube Channel](#):

- [“The Anxiety Toolkit: Mindfulness Practices to Reduce Anxiety”, Parts 1 and 2](#) (published April 9, 2020)
- [“Cultivating Wisdom During the COVID Crisis: Resilience Strategies to Combat Loneliness”](#)
- [Resilient Thinking for Lawyers Part 1: Taming Negative Emotions](#) by Anne Brafford, Esq.
- [Resilient Thinking for Lawyers Part II: Boosting Positive Emotions](#) by Anne Brafford, Esq.

RESOURCES FOR LAW STUDENTS

[PA Board of Legal Examiners October 2020 Bar Examination- Updated September 3, 2020](#) – with FAQ section. The remote PA Bar exam will take place October 5-7, 2020, as described in [this announcement](#).

[“Young Adults’ Pandemic Mental Health Risks”](#) by Dr. Perri Klass, MD, New York Times, August 24, 2020

[Mental Health Toolkit for Law Students](#) – from the ABA’s Commission on Lawyers Assistance Programs and the ABA Law Student Division

[How to Stay Safe this Semester](#) – by Alexandra Sumner, The National Jurist, September 4, 2020

[The Coronavirus Survival Guide for Law Students](#)– National Jurist Spring 2020 pp.51+

- How to Excel at an Online Class
- 5 Truths About Distance Learning
- What an Online Student experience is Really Like
- Guide to Self-care for Law Students

[PBA Internship/Project Board](#) - In response to the postponement of the bar exam, PBA launched a new service that brings together lawyers searching for paid short- and long-term professional support with recent law school graduates seeking legal assignments.

[“The Path to Law Student Well-Being Podcast Series”](#)- **7 free podcasts** tailored for law students on topics ranging from bar exam prep, stress, mindfulness, etc. from the ABA

[“2020 Law School Graduates To Receive Complimentary Access to Bloomberg Law through June 1, 2021”](#) – press release posted by the Bloomberg Industry Group on May 12, 2020 – “Given the significant disruptions to recent law school graduates’ career pursuits on account of the Covid-19 pandemic, we’re pleased to be able to provide them an additional six months of complimentary access to our platform,” said Joe Breda, president of Bloomberg Law. “The unique career resources on Bloomberg Law are without comparison in helping recent law school graduates find an employer, prepare for an interview, and land an offer. And once they land a position, Bloomberg Law’s timesaving practice tools can help them streamline everyday tasks.”

[“Eureka! Discovering the Science of Well-Being for Lawyers”](#) by Brooke Moore, ABA’s Before the Bar blog on February 20, 2020

[“Virtual Resources for Graduating Law Students – Summer 2020”](#) – on COLAP Café from the American Bar Association – podcasts and information on topics ranging from obtaining health insurance, mental and physical fitness, financial wellness, the practice of mindfulness, adopting a growth mindset, dealing with bar exam study stress, etc.

[“Law Students and Dealing with COVID-19”](#) – 30’ audio interview by Joe Patrice from Above the Law – a conversation with the National Chair of the ABA Law Student Division about the issues facing students during the pandemic and how the ABA is addressing those concerns

[“An Insider's Guide to Succeeding in Law School—Even During the Covid-19 Pandemic”](#)- free podcast led by A. Ferguson, Professor at David A. Clarke School of Law and found in the ABA Journal Modern Law Library

[American Bar Association's Before the Bar: Coronavirus Resources and Information for Law Students:](#)

- [“Your Law School Went Online- Now What?”](#)
- [“How to Plan for Take Home Exams”](#)
- [“Mental Health Resources Toolkit for Law Students and Those Who Care About Them”](#)
- Many other articles offering information, guidance and support on topics ranging from mental health, bar exams, online learning toolkits, financial and student loan information

American Psychological Association’s short article, [“Coping with COVID-19-related Stress as a Student”](#) – fact sheet included

Let's Support Each Other as We Try to Reach the 'Growth Zone'!



MENTAL HEALTH RESOURCES

[National Alliance on Mental Illness \(NAMI\): NAMI's Buck County Online Mental Wellness and Mental Health Recovery Meetings, Events and Trainings](#) are FREE AND OPEN TO EVERYONE NO MATTER WHERE YOU LIVE. They offer online meetings on the following topics and more:

- Black Minds Matter (new)
- Peer Wellness & Recovery Support
- Alternatives to Suicide
- Suicide Loss Survivors
- LGBTQ+ Support
- Youth Group (ages 12-17)
- Refuge Meditation and Mindfulness
- Self Harm and Self Injury Support Group
- Veteran's Support
- Family Support
- Dance and Movement Group
- Art for Recovery
- Writing for Self-Care
- Women's Support Group

[Click Here for the September meeting schedules](#)

["My Friend Is Suicidal: What Should I Do?"](#) by Taylor Bennet, National Alliance on Mental Illness, September 2, 2020

["Procrastivity \(a.k.a. Sneaky Avoidance\) and Adult ADHD Coping"- Part 1 & Part 2](#)

By Russell Ramsay, PhD in Psychology Today

["The Staggering Stats on How the Coronavirus has Impacted the Mental Health of Americans"](#) – by Andy Larsen of The Salt Lake Tribune, August 23, 2020

["5 Proven Ways to Relieve COVID-Related Depression"](#) by Seth Gillihan, PhD in Psychology Today, August 16, 2020.

["5 Ways to Cope with Suicidal Thoughts during the Pandemic"](#) – by Kathryn H. Gordon of Psychology Today, August 14, 2020

["What's Behind the Bodily Symptoms of Anxiety?"](#) by Dr. Grant Hilary Brenner, MD, FAPA in Psychology Today, May 25, 2020

[Red Cross Virtual Family Assistance Center – Free Resources to Help Support Families Struggling with Loss and Grief Due to the Pandemic](#)

[5 Effective Exercises to Help You Stop Believing Your Unwanted Automatic Thoughts](#) - Most of us live with a constant stream of internal statements, criticisms and commands running through our heads. But we have a choice: We don't have to let them define us. By Steven Hayes, Psychology Professor and Researcher

[“Anxiety Makes Us Bad Decision Makers. Here’s How to Do Better Even If You’re Worried About Everything”](#) – By Jen Rose Smith, CNN, July 9, 2020

[“11 Ways Post-traumatic Stress Disorder Can Affect the Body”](#) – by Matthew Wilson from Business Insider, June 18, 2020

[“Depression vs. Sadness: When to Talk With Your Doctor”](#) by the American Osteopathic Association

[“New Study Highlights the Destructive Link Between Perfectionism and Depressive Symptoms”](#) – on PsyPost from the Journal of Research in Personality, by Eric W. Dolan on July 3, 2020.

[Transgender Resources from the ABA and the Transgender Coronavirus Guide](#) from the National Center for Transgender Equality – includes info on transgender organizations and programs, general information and resources

[“The Legacy of Trauma: An Emerging Line of Research is Exploring How Historical and Cultural Traumas Affect Survivors’ Children for Generations to Come”](#) by Tori DeAngelis of the American Psychological Association, February 2019, Vol. 50, No. 2 pg. 36

[From Mental Health America: Mental Health Resources Created by and for Black People](#) – “Black Lives Matter. Black Mental health Matters Too.” from the TWLOHA blog on June 2, 2020

[“The Trauma of Racism”](#) by Lisa Firestone, PhD for Psychology Today, June 4, 2020

[#BeTheDifference during Pride Month](#) – simple ways to advocate and support yourself and/or your LGBTQ+ peers during COVID-19 by Mental Health First Aid (MHFA)

[“Why Many Men Have a Harder Time Seeking Treatment for Mental Illness”](#) by Leah Campbell for Healthline, June 30, 2019

[“30 Things You Need to Know about Trauma and PTSD”](#) by Jenni Schaefer from The Meadows. June is PTSD (Post Traumatic Stress Disorder) Awareness Month.

[“11 Truths Only People with High-Functioning Depression Will Understand”](#) by Nicole Pajer of the Huffington Post, March 5, 2019

[“How You can Help Someone Battling Depression”](#) by Zee Krstic, Good Housekeeping, April 23, 2020

From the American Psychological Association: [“A List of Mental Health Resources Available for People of Color”](#) by Elizabeth Gulino on Refinery 29 on June 4, 2020.

Mental Health America has provided some great tools to help all of us thrive. Please take a moment to review the short pdf’s at the following links, which contain concise information and easy, specific ways to manage these issues in our lives.

- [Creating Healthy Routines](#)
- [Eliminating Toxic Influences](#)
- [Finding the Positive After Loss](#)
- [Owning Your Feelings](#)
- [Supporting Others](#)
- [Connecting with Others](#)

[National Alliance on Mental Illness \(NAMI\) – Coronavirus \(COVID-19\) Information and Resources website](#) has links to online support groups that are open to anyone for various mental health issues and comprehensive lists of many mental health resources.

Free Apple Podcast: [“Facing Loneliness with Dr. Steven C. Hayes”](#) – 14 minute podcast plus [“A Quick Loneliness Exercise with Dr. Steven C. Hayes”](#) - If you've been struggling with loneliness, know you're not the only one. Psychologist Susan David shares steps you can take to mitigate the feeling of loneliness, and explores what we know about making meaningful connections.

[Click Here to view the May schedule of online support groups from NAMI.](#) These are free mental wellness & recovery groups for everyone, no matter what county you live in. Groups include Peer Wellness and Recovery, Alternatives to Suicide, Youth Support Group, Family Support Group, LGBTQ+ and Allies Support Group, Parent Support Group, Creative Minds Art & Music Group, among others.

[“COVID 19 Era = More Junk Food, Online Gambling, Gaming, and Pornography”](#) by Marc Potenza, MD, PhD

[“Fear, Isolation, Depression: The Mental Health Fallout of a Worldwide Pandemic”](#) - article by Christine Vestal from The Pew Charitable Trusts posted May 12, 2020

[“#HowAreYouReallyChallenge: Truth Telling for Mental Health during COVID-19”](#) – article by Dr. Robert Glatter, MD discussing the Mental Health Coalition’s “How are you, really?” initiative to encourage honest dialogue about mental health. Includes video interviews with Kenneth Cole, NY Governor Andrew Cuomo, reporter Chris Cuomo, Kendall Jenner, Hailey and Justin Beiber and other celebrities discussing their own mental health challenges

[Suicide Prevention Education and Resources](#) - from the American Psychiatric Association

[American Psychiatric Association’s Mental Health Resources for Patients & Families](#) – Comprehensive website where you can learn about many common mental health disorders, including symptoms, risk factors and treatment options. Find answers to your questions written by leading psychiatrists, stories from people living with mental illness, and links to additional resources.

[“The Crisis Kit – 5 Tools for Helping...Through Turbulent Times”](#) – comprehensive toolkit created by PositivePsychology.com. This Crisis Kit discusses five of the most relevant tools from our Positive Psychology Toolkit that you can use to help yourself and others to: use your/their mental resources well, connect to a place of inner peace, become aware of factors within and beyond personal control, practice acceptance-based coping, and remain calm and composed in the face of stress.

[“Coping with Fear and Sadness during a Pandemic: Don’t Give In to Fight or Flight Feelings: Learn to Manage Them”](#) by Dr. William C. Sanderson, PhD, Professor of Psychology, Director of Hofstra’s Anxiety and Depression Clinic. This 30+page document contains incredibly useful coping strategies, articles, activities and other resources to help us regulate our mood, maximize sleep hygiene, establish healthy work from home boundaries, manage expectations, cope with guilt, shame, frustration and the stress of these recent world events, as well as how to minimize the traumatic impact of the pandemic in our lives. Do yourself a huge favor. Take an hour or two of quarantine time and read this!

[PsychHub](#), which was co-founded by former congressman Patrick J. Kennedy, has partnered with Columbia University, the American Psychiatry Association, NIH, WHO, CDC, Mental Health America, National Alliance on Mental Illness (NAMI) and the American Foundation for Suicide Prevention among others to compile a truly impressive, comprehensive resource guide (called the COVID-19 Mental Health Resource Hub) with nearly 40 COVID-19-related articles, free webinars, videos and audio recordings covering topics including mental health and wellness, dealing with anxiety over the current health crisis, parenting during Covid-19, supporting older adults, handling grief, developing coping strategies when dealing with uncertainty, etc. [Click Here](#) to access general resources for individuals.

The PsychHub COVID-19 Mental Health Resource Hub also provides extensive educational information, news, videos, and other resources specific to [veterans](#), [community supporters](#) and [employers](#).

[PsychHub also has a library of free videos](#) that address topics as they pertain to the current public health crisis including managing isolation, helping children deal with traumatic events, wellness tips, self-care for caregivers, overcoming sleep difficulties, alcohol use, depression and anxiety in youth, etc.

Mental Health America is offering free access to an amazing recent webinar, [“Peer, Friend and Self Support in the COVID-19 Crisis: How to Provide Support for Ourselves and Others through Times of Fear and Isolation”](#). This one-hour video, presented by a nationally renowned peer support and mental health advocate, delivers specific and accessible skills and techniques we can use to maintain our own mental health and simultaneously support those around us. [Click Here](#) to go directly to the YouTube Channel and video.

For stories of persons with lived experience of suicidality and finding hope, refer to www.lifelineforattempt survivors.org.

[“The Implications of COVID-19 for Mental Health and Substance Use”](#) –Report from the Kaiser Family Foundation published April 21, 2020:

- Nearly half of U.S. adults report the pandemic has had significant negative impact on their mental health.
- A broad body of research has linked social isolation to poor mental and physical health.
- The negative impact on mental health may be highest among households with children or adolescents and among older adults.
- Research also shows that job loss is associated with increased depression, anxiety, distress, and low self-esteem; and may lead to higher rates of substance use disorder.

[The LiveWell Foundation](#) – volunteer-run, peer-led public mental health program supporting recovery from depression – offers free peer-led, curriculum-based support groups both online and community-based for those dealing with or in recovery from depression

CDC information about the Covid-19 virus and resources and recommendations for coping with stress and anxiety (for adults, parents, responders and caregivers) over the pandemic - [Click Here](#)

[Mental Health America: Covid 19 Information and Resources](#) (www.mhanational.org) – contains a wealth of information and resources regarding the following topics relevant to the public health

emergency: mental health information for disease outbreaks, financial support, tools and information on anxiety, tools to connect with others. It also includes comprehensive resources for caregivers, parents, older adults, domestic violence survivors, veterans and LGBTQ+ individuals

Tips from [Mental Health First Aid Curriculum](#) so you can #BetheDifference care for yourself and your loved ones' mental health.

[Call to Mind \(www.calltomindnow.org\)](#) offers free access to a great [mental health blog](#) that discusses topics related to COVID-19 such as as living with an existing mental health condition, finding mental health care, etc.

[“Tips for Coping with Coronavirus-Induced Anxiety”](#) by Dr. Larry Richard from What Makes Lawyers Tick? at [lawyerbrainblog.com](#)

[“Taking Care of Your Mental Health in the Face of Uncertainty.”](#) published by the American Foundation for Suicide Prevention.

[Social Isolation and Mental Health during COVID-19](#) – by the Jason Foundation, which is dedicated to the prevention of youth suicide

[Mindfulness in Law Society](#) - free online resources

[“For Those with OCD, a Threat that is both Heightened and Familiar”](#) by Katherine Rosman, New York Times April 3, 2020 (specific to the current health crisis)

NAMI also offers these [tips for people with mental illness](#).

[Free General Mental Health Support Virtual Meetings and Resources from the Pennsylvania Chapters of NAMI \(National Alliance on Mental Illness\)](#)

- Daily schedule of free Zoom online and video conference meetings available through [NAMI of Bucks county](#)
- Online meetings and resources available through [NAMI of Montgomery county](#)
- Free YouTube webinar on [Supporting Your Loved One with Mental Illness During the COVID-19 Isolation](#)
- [Recovery-Oriented Cognitive Therapy: Suspiciousness and Paranoia During Isolation](#) (PowerPoint presentation)

- [NAMI of Lehigh Valley](#): register for free online and video conferencing meetings by calling 610-882-2102 or email info@nami-lv.org
- [NAMI of Scranton & Northeast Region](#)- free online Zoom meetings- get the schedule and access information by clicking [Here](#)
- NAMI Keystone Chapter: [Bipolar disorder family support group](#) – [Click Here](#) for more information
- [NAMI Mainline](#) offers free mental health resources including chat rooms, help lines, tips on coping and virtual support groups

NAMI Guide - [Coronavirus: Mental Health Coping Strategies](#)

[Emotions Anonymous](#) international fellowship of people who desire to have a better sense of emotional well-being. Online weekly meetings available

[Depression and Bipolar Support](#) offers online support groups 3 day a week for people with mood disorders. Also has an online parent community

[Depression Forums](#) is a website and bulletin board with information, links, live chat and more for people who have mood disorders.

Depression Understood offers forums and chatrooms for people with depression www.depression-understood.org

- **GovTeen** is a forum for and by teens with mental health problems and other topics. www.govteen.org

GriefNet offers dozens of email support groups for adults and children. www.griefnet.org

OK2Talk is online blog for teens and youth to share their feelings about mental illness. www.ok2talk.org

[Psych Central Community Connection](#) offers many different online forums related to mental health.

ReachOut Sponsored by SAMHSA and Inspire USA Foundation, reachout.com is a teen site with facts, real stories, support and forums. www.reachout.com

Recovery International offers telephone and online meetings as well as online forums www.recoveryinternational.org

Survivors of Incest Anonymous offers on-line and phone meetings for adult survivors of childhood sexual abuse www.siaawso.org

Vital Cycles offers online and phone meetings to aid in healing from trauma www.vitalcycles.org

[“Staying Mentally Healthy during the Corona Virus.”](#) published by The Change Direction initiative

SUBSTANCE USE RECOVERY RESOURCES

If you or your loved one is ready to seek treatment for a substance use disorder, contact LCLPA (1-888-999-1941) for resources and comprehensive support. You can also call 1-800-662-HELP (4357) (Pennsylvania’s Get Help Now treatment locator hotline) or contact your county Drug and Alcohol office.

[“The Paradox of Power in 12-Step Recovery”](#) by [Faces and Voices of Recovery](#)

[“Brilliant: An Introduction to ITC \(Invitation to Change\)”](#) –by Cordelia Kraus on July 12, 2019 – Tailored for family members of those with a substance use issue. This briefly describes the CRAFT approach to helping loved ones seek the help they need and choose to make their own behavioral changes – found on the soberfamilies.com website

Hazelden Betty Ford is offering a **Virtual Family Program** for families and friends of a loved one with a substance use disorder. Topics include:

- Addiction as a disease
- Impact of Addiction on the Family
- Boundaries and communication
- The value of the twelve steps and spirituality
- Recovery management for families
- Unhealthy ‘helping’ and detaching with love

Trainings are ongoing every week. Click on any of the links below to register. Please note these are Central standard times.

- [Tuesdays, 10:30 a.m.-6:30 p.m. CDT](#)
- [Wednesdays, 10 a.m.-5:30 p.m. CDT](#)
- [Thursdays, 8:30 a.m.-5:30 p.m. CDT](#)
- [Thursdays, 8:30 a.m.-5:30 p.m. CDT](#) (Structured for parents/guardians and siblings of loved ones ages 12-23)
- [Fridays, 10:30 a.m.-6:30 p.m. CDT](#)
- [Saturdays, 8:30 a.m.-5:30 p.m. CDT](#)

Free Podcasts:

- Recovery Road (Hazelden)
 - [How Recovery Prepares Us to Reframe Pain and Suffering](#)
 - [Anger in a Time of Crisis: Recognize and Avoid the Volcano](#)
 - [Four Ways to Resist and Recover from Addictive Emotions](#)
 - [Parenting a Child with a Substance Use Disorder – Dr. Joseph Lee](#)
 - [Finding Value in Our Lowest Moments-](#) Returning to Step 1
 - [The Importance of Self Care in Grief: Good Grief during the Pandemic: Loss Without Losing Everything](#)
 - [Crisis and Creativity for People in Recovery](#)
 - [Grandparents during the Pandemic: Signs You May Need Some Help](#)
- Hazelden Betty Ford Let’s Talk: Addiction & Recovery - podcasts about substance use treatment and recovery and related topics - [Click Here](#)
- Shatterproof: [5 Great Podcasts about Addiction and Recovery](#)
- Center for Motivation and Change’s [The Beyond Addiction Show](#) with Dr. Josh King
- SobrieTea Party – [Recovery Rocks](#) podcast
- [My Child and Addiction](#) – a parent to parent free podcast series

[Let’s Talk Recovery Podcast on Emotional Sobriety](#) by William Moyers and Dr. Allen Berger:

Part 1: Achieving Emotional Sobriety: Coping with Life on Life’s Terms

Part 2: Achieving Emotional Sobriety: Staying Centered and Connected

(Audio and transcript available)

[“How Being Black Can Shape Your Recovery Experience”](#) by Jocellyn Harvey for The Temper on March 29, 2019

Free Video Webinars from the Caron Foundation:

- [Getting High during Harrowing Times: Risks and Repercussions of Marijuana Use during the Pandemic](#)
- [Vaping: Dispelling the Myths and Uncovering the Risks in the Wake of COVID-19](#)

[Allies in Recovery \(www.alliesinrecovery.net\)](http://www.alliesinrecovery.net) is offering **FREE CRAFT TRAINING for families** and professionals during COVID-19. Community Reinforcement and Family Training is an evidence-based **methods of communicating with a loved one, friend or peer who is struggling with active addiction**. Also check out the [Center for Motivation and Change](#), which offers trainings and additional insight into this groundbreaking and scientifically sound approach. Community Reinforcement and Family Training (CRAFT) teaches family and friends effective strategies for helping their loved one to change and for feeling better themselves. CRAFT works to affect the loved one's behavior by changing the way the family interacts with him or her. It is designed to accomplish three goals:

1. When a loved one is abusing substances and refusing to get help, CRAFT helps families move their loved one toward treatment.
2. CRAFT helps reduce the loved one's alcohol and drug use, whether or not the loved one has engaged in treatment yet.
3. CRAFT improves the lives of the concerned family and friends.

Free 40-minute educational seminars available to view on Facebook, sponsored by Promises:

- [The Grateful Brain](#) by Julie Moss, LPC
- [Healing Trauma through Yoga](#) and 12 Step Recovery

[“Narcotics Anonymous Research Review: Scientific Studies on Narcotics Anonymous”](#) by William White, Marc Gallanter, MD, Keith Humphreys, PhD and John Kelly, PhD

[“Addiction Begins with Solving a Problem, the Problem of Human Pain, Emotional Pain”](#) (article and video) by Laurie Udesky from ACEs Connection featuring addiction medicine specialist Dr. Gabor Mate. A discussion of how trauma predisposes individuals to addiction

SMART Recovery – View the brief [Introduction to SMART Recovery's Family and Friends Program](#) (YouTube video), which is based on the evidence-based Community Reinforcement and Family Training (CRAFT) approach to helping a peer or loved one who has a substance use disorder.

[“Recovery After the Pandemic”](#) – by William L. White, M.A., Emeritus Research Consultant Chestnut Health Systems; posted 2020 at www.williamwhitepapers.com- discusses the effect of the novel coronavirus pandemic on the future of addiction treatment and recovery

[Center for Motivation and Change has compiled a ‘care package’](#) of resources on their site including guided meditation, and articles such as “It's OK to Cry: Responding to a Global Crisis” and “Support for Family and Loved Ones”

[“Recognizing and Preventing Relapse during COVID-19”](#) - piece by Jessica Molavi, MA, ACRPS, Gorski Relapse Prevention Specialist

[“Co-Occurring Disorders: Addiction & Mental Health”](#) – from the [Shatterproof](#) website

[“Post-Acute Withdrawal Syndrome: The Lingering Effects of Drug and Alcohol Withdrawal and How You Can Manage Them”](#) – written by the Hazelden Betty Ford Foundation October 31, 2019

[“Stop. Be Present. Listen. Why Motivational Interviewing is an Important Tool in Recovery”](#) –free podcast with Dr. Molly Magill from SMART Recovery

[“Why COVID-19 Can Be ‘Toxic’ for People in Alcohol Recovery”](#) – article by Laura Santhanam posted on PBS News Hour on April 23, 2020

[“Second Chances”](#) - 6-minute mini-documentary on YouTube by Chris Merritt starring LCL-PA’s very own Executive Director, Laurie Besden, Esq. It highlights the parallels between the stigma associated with substance use disorders and pit bulls (both illusions) and focuses on the fact that those of us fortunate enough to be given a “second chance,” human or K9, use it to do magical and mountain- moving endeavors.

[New Digital Tracking Tool to Help You Track Your Alcohol Intake](#) and [“Rethinking Drinking.”](#) a free online toolkit and interactive worksheets to help you make informed choices about your drinking from the NIH’s National Institute on Alcohol Abuse and Alcoholism

[The Herren Project](#) - Free, [online support groups moderated by trained clinicians via Zoom platform for spouses, families, and parents who care about someone with a substance use disorder.](#)

- They also offer [online grief support groups, moderated by a trained clinician, for those who have lost a loved one to a substance use disorder.](#)

[Partnership for Drug-Free Kids is offering online support](#) for parents and caregivers. Families are facing unprecedented challenges due to circumstances surrounding COVID-19. In response, we invite you to join our free online support groups offered 4 days/week community for parents and caregivers who may have children (even adult children) experimenting with, or dependent on, substances. *Helpline specialists and specially trained parent coaches* will host a series of live online gatherings to share insight and ideas on managing teen and adult children during this unique time. These gatherings are an opportunity to find support and connection along with tangible guidance on addressing substance use in the home, accessing treatment and ensuring continuous care during this crisis.

[Parent Partnership online meetings](#) sponsored by [Be a Part of the Conversation](#), which address substance use, misuse and addiction and its impact on individuals and families.

Get naloxone (aka Narcan) using PA Physician General Rachel Levine's [standing order](#).
Partnership for Drug-Free Kids

- [Special Considerations when seeking substance use treatment during COVID-19](#)
- [How to use naloxone \(NARCAN\) to reverse opioid overdose and save lives](#)

[“Google, Facebook, Twitter team up to support addiction recovery during pandemic”](#) by Daniel Bukszpan from CNBC, updated April 26 2020. The tech giants have partnered to launch Tech Together, an online platform to offer support to individuals with substance use disorders

[“Addiction Resources during the COVID-19 Pandemic”](#) from Shatterproof- Excellent information and comprehensive resources for maintaining or seeking treatment, recovery support, self-care, supporting a loved one, harm reduction, grief, and resources for veterans

North Carolina LAP's [“Mental and Emotional Well-Being Tool Kit for People Already In or Seeking Recovery”](#)

[“Session 1 - Fear and Anxiety during these Challenging Times - Recovery Matters”](#) - free video on Vimeo by Dr. Allen Berger, PhD, nationally renowned author and expert on the science of recovery
[“Session Two - Fear and Anxiety During these Challenging Times - Recovery Matters”](#) - free video on Vimeo by Dr. Allen Berger, PhD, nationally renowned author and expert on the science of recovery

[Coronavirus \(COVID-19\) Guidance: Patients Engaged in Substance Use Treatment](#) by Yale Program in Addiction Medicine; guidance for maintaining treatment and recovery during the pandemic

[The Center for Motivation and Change](#) has timely articles and resources regarding substance use treatment and recovery support for individuals and families. It also has a 20' guide on how you may steer a loved one towards treatment with the highest chance of success.

[National Institute on Drug Abuse](#) has an updated webpage offering resources, articles and information on how the pandemic is affecting those actively misusing substances and those in recovery.

[Center on Addiction](#) is a national non-profit committed to supporting the whole family as they address a loved one's substance use. They offer [free services](#) and family support from staff clinicians and specially trained parent coaches.

[“To Those in Recovery: You’ve Got This!”](#) Written by LCL-PA’s Executive Director, Laurie Besden, Esq. Posted on ABA CoLAP’s newsletter on March 27, 2020

[The PA Department of Drug and Alcohol Programs COVID-19 Information for Families](#) was created by DDAAP to provide links to online/phone/chat room support groups, podcasts, and other [resources available to families of those struggling with a substance use disorder](#)

[Free Hazelden Apps:](#) <https://www.hazeldenbettyford.org/recovery/tools/apps>

- [Twenty Four Hours a Day: Recovery Meditations](#)
- [Field Guide to Life](#)
- [My Sober Life: Young Adult Recovery Support](#)
- [Inspirations: Recovery Meditations](#)

[AA General Serviced Office: COVID 19 Information](#)

Medication Assisted Recovery Anonymous (MARA) – recovery support for those on medication assisted treatment (methadone, buprenorphine, naltrexone Click on [MARA Zoom Meetings](#)

The Daily Pledge - free chat rooms, online meetings, family and individual resources sponsored by Hazelden Betty Ford - [Click Here](#)

Recovery Link – free recovery support during pandemic (meetings, peer support, physical activities) - [Click Here](#)

Connections Smartphone App – free app scientifically proven to support patients in recovery by reducing relapse and promoting pro-social engagement - [Click Here](#)

- Track your sobriety, access e-therapy to learn new recovery skills,
- Connect with trained counselors and peers through messaging,
- Clinical support available 7 days/week, 9am -10 pm EST
- Track your treatment plan and set reminders, journal daily about your journey,
- And discover helpful videos, testimonials and more through the unique resource library.

WeConnect App - free online support meetings 5x/day, 7 days/week (including meetings for women, LGBTQ+ , and for family and loved ones - [Click Here](#)

Shatterproof- an informational [blog](#) for people in recovery during Covid-19 - [Click Here](#)

[How the Wisdom of 12-Step Programs Can Help Get Us through April - Seven practices to help you navigate quarantine](#) by Scott Allison, PhD in *Psychology Today*

Online and Virtual Recovery Support Resource List

(Thanks to Pro-A for compiling most of this list. www.pro-a.org)

Alcoholics Anonymous – Offers on line support through their online intergroup link [here](#)

AI-Anon - Online support meetings for loved ones of individuals with substance use disorder link [here](#)

Chronic Pain Anonymous - video meetings link [here](#)

Cocaine Anonymous – Online Services for CA link [here](#)

In the Rooms - Online Recovery Meetings - In The Rooms with a simple goal in mind: to give recovering addicts a place to meet and socialize when they're not in face-to-face meetings. A global online community with over 500,000 members who share their strength and experience with one another daily. Through live meetings, discussion groups, and all the other tools In the Rooms. Link [here](#)

LifeRing – Secular Recovery is an organization of people who share practical experiences and sobriety support. There are as many ways to live free of drugs and alcohol as there are stories of successful sober people. LifeRing Secular Recovery on line support link [here](#)

MarijuanaAnonymous – District 13 online fellowship of people who share our experience, strength, and hope with one another to solve common problem and help others to recover from pot addiction. Link [here](#)

Narcotics Anonymous – Offers a variety of online and skype meeting options. Link [here](#)

The Phoenix – Recovery Community Organization offering live stream Crossfit, Yoga and Meditation daily every two hours through the COVID Crisis. Link [here](#)

Recovery Dharma - Offers online support meetings with buddhist-based philosophy. Link [here](#)

Reddit Recovery – Redditors in recovery to hang out, share experiences, and support each other. Discuss the various ways to achieve and maintain a life free from active addiction. Everyone is welcome. Link [here](#)

Refuge Recovery – Refuge Recovery is grounded in the belief that Buddhist principles and practices create a strong foundation for a path to freedom from addiction. This program is an approach to recovery that understands: All individuals have the power and potential to free themselves from the suffering that is caused by addiction. Link to online support [here](#)

SMART Recovery – Self-Management And Recovery Training (SMART) is a global community of mutual-support groups. They offer online support and forums including a chat room and message board. Link [here](#)

SoberCity – Sobercity could be a great solution for you if you're looking for an online community that occasionally also has live events across the country. Link [here](#)

Sobergrid – A platform to help anyone get sober and stay sober. Some join to get support, others to give it. Each free download, post, and connection create an opportunity to stay sober while helping others do the same. Link [here](#)

Soberistas – International Online Recovery Community online-only community is worldwide, which makes it easy to connect with like-minded women who are friendly, non-judgmental, and helping each other kick the booze and stay sober. Link- [Here](#)

Sober Recovery - The forums of Sober Recovery are a great place for people with substance use disorder to find assistance and helpful information. The community has more than 168,000 people who are recovering from substance use disorder and/or codependence, as well as their friends and family. Link [here](#)

We Connect Recovery - Online recovery support groups will be available daily. They are open to anyone who is dealing with substance use, mental health concerns, disordered eating, as well as any other quality of life concerns. Everyone is welcome no matter your pathway to recovery or recovery status. Link [here](#)



PRO-A Online and Virtual Family Recovery Support Resource List

Adult Children of Alcoholics – Program of men and women who grew up in dysfunctional homes that provides a safe, non-judgmental environment with online, telephone, and audio support. [Link Here](#)

Al-Anon Electronic Meetings – Offers online hope to anyone who is affected by alcoholism in a family member or friend through their online intergroup. [Link Here](#)

Alateen – Offers support for young people who have been impacted by another’s alcohol use. [Link Here](#)

Center for Disease Control:

- **Helping Children Cope with Emergencies:** Tips for helping children coping with disaster. [Link Here](#)
- **Managing Anxiety and Stress:** Resource page and suggestions for dealing with COVID-19. [Link Here](#)
- **Taking Care of Your Emotional Health:** Resource for emotional health needs. [Link Here](#)

CoDependent Anonymous – CODA has online and phone meetings across the globe. [Link Here](#)

Families Anonymous – FA is a 12-step fellowship for the family and friends of those individuals with alcohol or substance use or related behavioral issues. Group chat, online and phone meetings available. [Link Here](#)

Gam-Anon – Serving the community of individuals who have been affected by the gambling problem of a loved one. [Link Here](#) Hotline number: 718-352-1671.

National Suicide Prevention Lifeline: 1-800-273-TALK (24/7).

Nar-Anon – Offers support primarily for those who know or have known a feeling of desperation concerning the addiction problem of someone very near to them or loved ones with a substance use disorder. [Link Here](#)

Parents of Addicted Loved Ones – PAL is a Christian-run, non-profit group in support of parents with a child with a substance use disorder. Online Meetings available. [Link Here](#)

Pennsylvania Department of Drug and Alcohol Programs – COVID 19 Information page providing access to treatment in response to COVID-19 mitigation. [Link Here](#)

Pennsylvania Recovery Organizations-Alliance – PRO-A works to educate, mobilize, and advocate for individuals with substance use disorders as well as family members and loved ones. Additional resources available. [Link Here](#)

SMART Recovery Family and Friends - A Family & Friends message board forum and live chat room for additional support are available. [Link Here](#)

Substance Abuse and Mental Health Services Administration:

- **Guide:** Helping a Loved One Dealing with Mental/and or Substance Use Disorders. [Link Here](#)
- **National Helpline for Treatment** (Mental and/or Substance Use Disorders) 1-800-662-HELP (24/7).
- **Tips for Social Distancing, Quarantine, and Isolation** During an Infectious Disease Outbreak [Link Here](#)
- **Disaster Distress Hotline:** 1-800-985-5990, or Text *TalkWithUs* to 66746.
- **Virtual Recovery Resources** “Tips and resources for those with a mental/SUD”. [Link Here](#)

PB 3/24/20

Web site: www.pro-a.org

Twitter Feed: <https://twitter.com/PAREcoveryOrg>

Facebook: www.facebook.com/PaRecoveryOrganizationAlliance/

25 SPECIFIC & EFFECTIVE MENTAL HEALTH WELLNESS TIPS FOR QUARANTINE

(Courtesy of the Juniper Center)

- 1. Stick to a routine.** Go to sleep and wake up at a reasonable time, write a schedule that is varied and includes time for work as well as self-care.
- 2. Dress for the social life you want, not the social life you have.** Get showered and dressed in comfortable clothes, wash your face, brush your teeth. Take the time to do a bath or a facial. Put on some bright colors. It is amazing how our dress can impact our mood.
- 3. Get out at least once a day, for at least thirty minutes.** If you are concerned of contact, try first thing in the morning, or later in the evening, and try less traveled streets and avenues. If you are high risk or living with those who are high risk, open the windows and blast the fan. It is amazing how much fresh air can do for spirits.
- 4. Find some time to move each day, again daily for at least thirty minutes.** If you don't feel comfortable going outside, there are many YouTube videos that offer free movement classes, and if all else fails, turn on the music and have a dance party!
- 5. Reach out to others, you guessed it, at least once daily for thirty minutes.** Try to do FaceTime, Skype, phone calls, texting—connect with other people to seek and provide support. Don't forget to do this for your children as well. Set up virtual playdates with friends daily via FaceTime, Facebook Messenger Kids, Zoom, etc—your kids miss their friends, too!
- 6. Stay hydrated and eat well.** This one may seem obvious, but stress and eating often don't mix well, and we find ourselves over-indulging, forgetting to eat, and avoiding food. Drink plenty of water, eat some good and nutritious foods, and challenge yourself to learn how to cook something new!
- 7. Develop** a self-care toolkit. This can look different for everyone. A lot of successful self-care strategies involve a sensory component (seven senses: touch, taste, sight, hearing, smell, vestibular (movement) and proprioceptive (comforting pressure)). An idea for each: a soft blanket or stuffed animal, a hot chocolate, photos of vacations, comforting music, lavender or eucalyptus oil, a small swing or rocking chair, a weighted blanket. A journal, an inspirational book, or a mandala coloring book is wonderful, bubbles to blow or blowing watercolor on paper through a straw are visually appealing as well as work on controlled breath. Mint gum, Listerine strips, ginger ale, frozen Starburst, ice packs, and cold are also good for anxiety regulation. For children, it is great to help them create a self-regulation comfort box (often a shoe-box or bin they can decorate) that they can use on the ready for first-aid when overwhelmed.

8. Spend extra time playing with children. Children will rarely communicate how they are feeling, but will often make a bid for attention and communication through play. Don't be surprised to see therapeutic themes of illness, doctor visits, and isolation play through. Understand that play is cathartic and helpful for children—it is how they process their world and problem solve, and there's a lot they are seeing and experiencing in the now.

9. Give everyone the benefit of the doubt, and a wide berth. A lot of cooped up time can bring out the worst in everyone. Each person will have moments when they will not be at their best. It is important to move with grace through blowups, to not show up to every argument you are invited to, and to not hold grudges and continue disagreements. Everyone is doing the best they can to make it through this.

10. Everyone find their own retreat space. Space is at a premium, particularly with city living. It is important that people think through their own separate space for work and for relaxation. For children, help them identify a place where they can go to retreat when stressed. You can make this place cozy by using blankets, pillows, cushions, scarves, beanbags, tents, and "forts". It is good to know that even when we are on top of each other, we have our own special place to go to be alone.

11. Expect behavioral issues in children, and respond gently. We are all struggling with disruption in routine, none more than children, who rely on routines constructed by others to make them feel safe and to know what comes next. Expect increased anxiety, worries and fears, nightmares, difficulty separating or sleeping, testing limits, and meltdowns. Do not introduce major behavioral plans or consequences at this time—hold stable and focus on emotional connection.

12. Focus on safety and attachment. We are going to be living for a bit with the unprecedented demand of meeting all work deadlines, homeschooling children, running a sterile household, and making a whole lot of entertainment in confinement. We can get wrapped up in meeting expectations in all domains, but we must remember that these are scary and unpredictable times for children. Focus on strengthening the connection through time spent following their lead, through physical touch, through play, through therapeutic books, and via verbal reassurances that you will be there for them in this time.

13. Lower expectations and practice radical self-acceptance. This idea is connected with #12. We are doing too many things in this moment, under fear and stress. This does not make a formula for excellence. Instead, give yourself what psychologists call "radical self acceptance": accepting everything about yourself, your current situation, and your life without question, blame, or pushback. You cannot fail at this—there is no roadmap, no precedent for this, and we are all truly doing the best we can in an impossible situation.

14. Limit social media and COVID conversation, especially around children. One can find tons of information on COVID-19 to consume, and it changes minute to minute. The information is often sensationalized, negatively skewed, and alarmist. Find a few trusted sources that you can check in with consistently, limit it to a few times a day, and set a time limit for yourself on how much you consume (again 30 minutes tops, 2-3 times daily). Keep news and alarming conversations out of earshot from children—they see and hear everything, and can become very frightened by what they hear.

15. Notice the good in the world, the helpers. There is a lot of scary, negative, and overwhelming information to take in regarding this pandemic. There are also a ton of stories of people sacrificing, donating, and supporting one another in miraculous ways. It is important to counter-balance the heavy information with the hopeful information.

16. Help others. Find ways, big and small, to give back to others. Support restaurants, offer to grocery shop, check in with elderly neighbors, write psychological wellness tips for others—helping others gives us a sense of agency when things seem out of control.

17. Find something you can control, and control the heck out of it. In moments of big uncertainty and overwhelm, control your little corner of the world. Organize your bookshelf, purge your closet, put together that furniture, group your toys. It helps to anchor and ground us when the bigger things are chaotic.

18. Find a long-term project to dive into. Now is the time to learn how to play the keyboard, put together a huge jigsaw puzzle, start a 15 hour game of Risk, paint a picture, read the Harry Potter series, binge watch an 8-season show, crochet a blanket, solve a Rubix cube, or develop a new town in Animal Crossing. Find something that will keep you busy, distracted, and engaged to take breaks from what is going on in the outside world.

19. Engage in repetitive movements and left-right movements. Research has shown that repetitive movement (knitting, coloring, painting, clay sculpting, jump roping etc) especially left-right movement (running, drumming, skating, hopping) can be effective at **self-soothing** and maintaining self-regulation in moments of distress.

20. Find an expressive art and go for it. Our emotional brain is very receptive to the creative arts, and it is a direct portal for release of feeling. Find something that is creative (sculpting, drawing, dancing, music, singing, playing) and give it your all. See how relieved you can feel. It is a very effective way of helping kids to emote and communicate as well!

21. Find lightness and humor in each day. There is a lot to be worried about, and with good reason. Counterbalance this heaviness with something funny each day: cat videos on YouTube, a stand-up show on Netflix, a funny movie—we all need a little comedic relief in our day, every day.

22. Reach out for help—your team is there for you. If you have a therapist or psychiatrist, they are available to you, even at a distance. Keep up your medications and your therapy sessions the best you can. If you are having difficulty coping, seek out help for the first time. There are mental

health people on the ready to help you through this crisis. Your children’s teachers and related service providers will do anything within their power to help, especially for those parents tasked with the difficult task of being a whole treatment team to their child with special challenges. Seek support groups of fellow home-schoolers, parents, and neighbors to feel connected. There is help and support out there, any time of the day—although we are physically distant, we can always connect virtually.

23. “Chunk” your quarantine, take it moment by moment. We have no road map for this. We don’t know what this will look like in 1 day, 1 week, or 1 month from now. Often, when I work with patients who have anxiety around overwhelming issues, I suggest that they engage in a strategy called “chunking”—focusing on whatever bite-sized piece of a challenge that feels manageable. Whether that be 5 minutes, a day, or a week at a time—find what feels doable for you, and set a time stamp for how far ahead in the future you will let yourself worry. Take each chunk one at a time, and move through stress in pieces.

24. Remind yourself daily that this is temporary. It seems in the midst of this quarantine that it will never end. It is terrifying to think of the road stretching ahead of us. Please take time to remind yourself that although this is very scary and difficult, and will go on for an undetermined amount of time, it is a season of life and it will pass. We will return to feeling free, safe, busy, and connected in the days ahead.

25. Find the lesson. This whole crisis can seem sad, senseless, and at times, avoidable. When psychologists work with trauma, a key feature to helping someone work through said trauma is to help them find their agency, the potential positive outcomes they can effect, the meaning and construction that can come out of destruction. What can each of us learn here, in big and small ways, from this crisis? What needs to change in ourselves, our homes, our communities, our nation, and our world?

The Following Positive Affirmations May Help Settle your Mind & Spirit during the Public Health Crisis

(from Pixistock)

1. With every breath, I release the anxiety within me and I become more calm.
2. I have replaced overwhelming feelings with faith that everything will work out.
3. I have released all irrational feelings of fear.
4. I am bigger than any negative thing that could possibly happen to me.
5. I will keep all situations and circumstances in proper perspective.
6. I have replaced feeling like a victim with total accountability for my actions.
7. I embrace all that's good and positive around me.
8. I have come so far and will continue to move forward.
9. Joy, joy, joy is now filling my life.
10. I am free in mind and body of obsessions and compulsions.
11. I forgive myself for ever inflating the severity of my problems.
12. I am divinely protected.
13. I am in charge of my breathing. I can slow it down.
14. I will not let my anxious thoughts have power over me.
15. My business will survive this.
16. I have the ability to handle any challenge I face with strength and courage.
17. I am receptive to the peace of a grateful heart.
18. Though things around me may be uncertain, I am certain I will succeed.
19. I am in charge of how I feel today. Today I am choosing happiness.
20. Each day I am grateful for how loved I am and the many people that care about me.
21. I can get through anything life may unfold for me.
22. This is only temporary. The best is yet to come.
23. I choose to be grateful no matter my circumstances.
24. I am calm and centered. I am in control of my emotions.
25. Inner joy radiates through my entire being.
26. No matter what happens today, I will find joy and positivity in it.
27. I can think clearly and solve problems. I am focused and disciplined.
28. I am grateful for past opportunities and the new ones that will be presented to me.
29. I am creative enough, brave enough and capable enough to pivot. I will do everything I can to rise, persevere and overcome.
30. I am not afraid to ask for help.

FACE COVID

How to respond effectively to the Corona crisis

by Dr Russ Harris, author of The Happiness Trap

'FACE COVID' is a set of practical steps for responding effectively to the Corona crisis, using the principles of acceptance and commitment therapy (ACT). Here's a quick summary of the key steps, and in the pages that follow we'll explore them all in more depth:

F = Focus on what's in your control

A = Acknowledge your thoughts & feelings

C = Come back into your body

E = Engage in what you're doing

C = Committed action

O = Opening up

V = Values

I = Identify resources

D = Disinfect & distance

Let's now explore these, one by one....



F = FOCUS ON WHAT'S IN YOUR CONTROL

The Corona crisis can affect us in many different ways: physically, emotionally, economically, socially, and psychologically. All of us are (or soon will be) dealing with the very real challenges of widespread serious illness and the inabilities of healthcare systems to cope with it, social and community disruption, economic fallout and financial problems, obstacles and interruptions to many aspects of life ... and the list goes on.

And when we are facing a crisis of any sort, fear and anxiety are inevitable; they are normal, natural responses to challenging situations infused with danger and uncertainty. It's all too easy to get lost in worrying and ruminating about all sorts of things that are out of your control: what might happen in the future; how the virus might affect you or your loved ones or your community or your country or the world – and what will happen then - and so on. And while it's completely natural for us to get lost in such worries, it's not useful or helpful. Indeed the more we focus on what's not in our control, the more hopeless or anxious we're likely to feel. So the single most useful thing anyone can do in any type of crisis – Corona-related or otherwise - is to: **focus on what's in your control.**

You can't control what happens in the future. You can't control Corona virus itself or the world economy or how your government manages this whole sordid mess. And you can't magically control your feelings, eliminating all that perfectly natural fear and anxiety. But you can control what you do - here and now. And that matters.



Because what you do - here and now - can make a huge difference to yourself, and anyone living with you, and a significant difference to the community around you. The reality is, we all have far more control over our behaviour, than we do over our thoughts and feelings. So our number one aim is to take control of our behaviour - right here and now - to respond effectively to this crisis.

This involves both dealing with our inner world – all our difficult thoughts and feelings - and our outer world – all the real problems we are facing. How do we do this? Well, when a big storm blows up, the boats in the harbour drop anchor – because if they don't, they'll get swept out to sea. And of course, dropping anchor doesn't make the storm go away (anchors can't control the weather) - but it can hold a boat steady in the harbour, until the storm passes in its own good time.

Similarly, in an ongoing crisis, we're all going to experience 'emotional storms': unhelpful thoughts spinning inside our head, and painful feelings whirling around our body. And if we're swept away by that storm inside us, there's nothing effective we can do. So the first practical step is to 'drop anchor', using the simple ACE formula:

A = Acknowledge your thoughts and feelings

C = Come back into your body

E = Engage in what you're doing

Let's explore these one by one:



A = ACKNOWLEDGE YOUR THOUGHTS AND FEELINGS

Silently and kindly acknowledge whatever is 'showing up' inside you: thoughts, feelings, emotions, memories, sensation, urges. Take the stance of a curious scientist, observing what's going on in your inner world. As you do this, often it's helpful to put this into words, and silently say to yourself something like, 'I'm noticing anxiety', or 'Here's grief', or 'There's my mind worrying' or 'I'm having a feeling of sadness' or 'I'm having thoughts about getting sick'.

And while continuing to acknowledge your thoughts and feelings, also



C = COME BACK INTO YOUR BODY

Come back into and connect with your physical body. Find your own way of doing this. You could try some or all of the following, or find your own methods:

- Slowly pushing your feet hard into the floor.
- Slowly straightening up your back and spine; if sitting, sitting upright and forward in your chair.
- Slowly pressing your fingertips together
- Slowly stretching your arms or neck, shrugging your shoulders.
- Slowly breathing

Note: you are not trying to turn away from, escape, avoid or distract yourself from what is happening in your inner world. The aim is to remain aware of your thoughts and feelings, continue to acknowledge their presence and at the connect with your body, and actively move it. Why? So you can gain as much control as possible over your physical actions, even though you can't control your feelings. (Remember, F = Focus on what's in your control)

And as you acknowledge your thoughts & feelings, and come back into your body, also



E = ENGAGE IN WHAT YOU'RE DOING

Get a sense of where you are and refocus your attention on the activity you are doing. Find your own way of doing this. You could try some or all of the following suggestions, or find your own methods:

- Look around the room and notice 5 things you can see.
- Notice 3 or 4 things you can hear.
- Notice what you can smell or taste or sense in your nose and mouth
- Notice what you are doing
- End the exercise by giving your full attention to the task or activity at hand. (And if you don't have any meaningful activity to do, see the next 3 steps.)

Ideally, run through the ACE cycle slowly 3 or 4 times, to turn it into a 2- 3 minute exercise.

If you wish, to help you get the hang of this, you can download some free audio recordings of 'dropping anchor' exercises, varying from 1 minute to 11 minutes in length. You can listen to these and use them as a guide to help you develop this skill. You can download or stream them from the left hand box on this webpage:

<https://www.actmindfully.com.au/free-stuff/free-audio/>



NOTE: please don't skip the A of ACE; it's so important to keep acknowledging the thoughts and feelings present, especially if they are difficult or uncomfortable. If you skip the A, this exercise will turn into a distraction technique – which it's not supposed to be.

Dropping anchor is a very useful skill. You can use it for handling difficult thoughts, feelings, emotions, memories, urges and sensations more effectively; switching off auto-pilot and engaging in life; grounding and steadying yourself in difficult situations; disrupting rumination, obsessing and worrying; and focusing your attention on the task or activity you are doing. The better you anchor yourself in the here and now, the more control you have over your actions – which makes it a lot easier to do the next steps:
COVID



C = COMMITTED ACTION

Committed action means effective action, guided by your core values; action you take because it's truly important to you; action you take even if it brings up difficult thoughts and feelings. Once you have dropped anchor, using the ACE formula, you will have a lot of control over your actions – so this makes it easier to do the things that truly matter.

Now obviously that includes all those protective measures against Corona – frequent handwashing, social distancing, and so on. But in addition to those fundamentals of effective action, consider: What are simple ways to look after yourself, those you live with, and those you can realistically help? What kind, caring, supportive deeds you can do? Can you say some kind words to someone in distress – in person or via a phone call or text message? Can you help someone out with a task or a chore, or cook a meal, or hold someone's hand, or play a game with a young child? Can you comfort and soothe someone who is sick? Or in the most serious of cases, nurse them and access whatever medical assistance is available?

And if you're spending a lot more time at home, through self-isolation or forced quarantine, or social distancing, what are the most effective ways to spend that time? You may want to consider physical exercise to stay fit, cooking (as) healthy food (as possible, given restrictions), and doing meaningful activities by yourself or with others. And if you're familiar with acceptance and commitment therapy or other mindfulness-based approaches, how can you actively practice some of those mindfulness skills? Repeatedly throughout the day, ask yourself 'What can I do right now - no matter how small it may be - that improves life for myself or others I live with, or people in my community?' And whatever the answer is – do it, and engage in it fully.



O = OPENING UP

Opening up means making room for difficult feelings and being kind to yourself. Difficult feelings are guaranteed to keep on showing up as this crisis unfolds: fear, anxiety, anger, sadness, guilt, loneliness, frustration, confusion, and many more.

We can't stop them from arising; they're normal reactions. But we can open up and make room for them: acknowledge they are normal, allow them to be there (even though they hurt), and treat ourselves kindly.

Remember, self-kindness is essential if you want to cope well with this crisis – especially if you are in a caregiver role. If you've ever flown on a plane, you've heard this message: 'In event of an emergency, put on your own oxygen mask before assisting others.' Well, self-kindness is your own oxygen mask; if you need to look after others, you'll do it a whole lot better if you're also taking good care of yourself.

So ask yourself, 'If someone I loved was going through this experience, feeling what I am feeling – if I wanted to be kind and caring towards them, how would I treat them? How would I behave towards them? What might I say or do?' Then try treating yourself the same way.

For more on self-kindness, also known as self-compassion, read this eBook:

https://drive.google.com/file/d/1__Q3UcT9Q8VuSbiRm7x7-xjaxy5xkrba/view?usp=sharing



V = VALUES

Committed action should be guided by your core values: What do you want to stand for in the face of this crisis? What sort of person do you want to be, as you go through this? How do you want to treat yourself and others?

Your values might include love, respect, humour, patience, courage, honesty, caring, openness, kindness or numerous others. Look for ways to 'sprinkle' these values into your day. Let them guide and motivate your committed action.

Of course, as this crisis unfolds, there will be all sorts of obstacles in your life; goals you can't achieve, things you can't do, problems for which there are no simple solutions. But you can still live your values in a myriad of different ways, even in the face of all those challenges. Especially come back to your values of kindness and caring. Consider:

- What are kind, caring ways you can treat yourself as you go through this?
- What are kind words you can say to yourself, kind deeds you can do for yourself?
- What are kind ways you can treat others who are suffering?
- What are kind, caring ways of contributing to the wellbeing of your community?
- What can you say and do that will enable you to look back in years to come and feel proud of your response?



I = IDENTIFY RESOURCES

Identify resources for help, assistance, support, and advice. This includes friends, family, neighbours, health professionals, emergency services. And make sure you know the emergency helpline phone numbers, including psychological help if required.

Also reach out to your social networks. And if you are able to offer support to others, let them know; you can be a resource for other people, just as they can for you.

One very important aspect of this process involves finding a reliable and trustworthy source of information for updates on the crisis and guidelines for responding to it. The World Health Organisation website is the leading source of such information:

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

Also check the website of your country's government health department.

Use this information to develop your own resources: action plans to protect yourself and others, and to prepare in advance for quarantine or emergency.

D = DISINFECT & DISTANCE PHYSICALLY

I'm sure you already know this, but it's worth repeating: disinfect your hands regularly and practice as much social distancing as realistically possible, for the greater good of your community. And remember, we're talking about physical distancing – not cutting off emotionally. (If you aren't quite sure about what this means, read this:

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>)

This is an important aspect of committed action, so align it deeply with your values; recognise that these are truly caring actions.



IN SUMMARY

So again and again and again, as problems pile up in the world around you, and emotional storms rage in the world within you, come back to the steps of FACE COVID:

- F** = Focus on what's in your control
- A** = Acknowledge your thoughts & feelings
- C** = Come back into your body
- E** = Engage in what you're doing

- C** = Committed action
- O** = Opening up
- V** = Values
- I** = Identify resources
- D** = Disinfect & distance

Well, I do hope there's something useful in here for you; and feel free to share this with others if you think may find it helpful.

These are crazy, difficult, scary times, so please do treat yourself kindly. And remember the words of Winston Churchill: *'When you're going through hell, keep going'*.

All the best,
Russ Harris



Coping With Stress During Infectious Disease Outbreaks

What You Should Know

When you hear, read, or watch news about an outbreak of an infectious disease such as Ebola, you may feel anxious and show signs of stress—even when the outbreak affects people far from where you live and you are at low or no risk of getting sick. These signs of stress are normal, and may be more likely or pronounced in people with loved ones in parts of the world affected by the outbreak. In the wake of an infectious disease outbreak, monitor your own physical and mental health. Know the signs of stress in yourself and your loved ones. Know how to relieve stress, and know when to get help.

Know the Signs of Stress

What follows are behavioral, physical, emotional, and cognitive responses that are all common signs of anxiety and stress. You may notice some of them after you learn about an infectious disease outbreak.

YOUR BEHAVIOR:

- An increase or decrease in your energy and activity levels
- An increase in your alcohol, tobacco use, or use of illegal drugs
- An increase in irritability, with outbursts of anger and frequent arguing
- Having trouble relaxing or sleeping
- Crying frequently
- Worrying excessively
- Wanting to be alone most of the time
- Blaming other people for everything
- Having difficulty communicating or listening
- Having difficulty giving or accepting help
- Inability to feel pleasure or have fun

Know When To Get Help

You may experience serious distress when you hear about an infectious disease outbreak, even if you are at little or no risk of getting sick. If you or someone you know shows signs of stress (see list at left) for several days or weeks, get help by accessing one of the resources at the end of this tip sheet. Contact the National Suicide Prevention Lifeline right away if you or someone you know threatens to hurt or kill him- or herself or someone else, or talks or writes about death, dying, or suicide.



YOUR BODY:

- Having stomachaches or diarrhea
- Having headaches and other pains
- Losing your appetite or eating too much
- Sweating or having chills
- Getting tremors or muscle twitches
- Being easily startled

YOUR EMOTIONS:

- Being anxious or fearful
- Feeling depressed
- Feeling guilty
- Feeling angry
- Feeling heroic, euphoric, or invulnerable
- Not caring about anything
- Feeling overwhelmed by sadness

YOUR THINKING:

- Having trouble remembering things
- Feeling confused
- Having trouble thinking clearly and concentrating
- Having difficulty making decisions

Know How To Relieve Stress

You can manage and alleviate your stress by taking time to take care of yourself.

KEEP THINGS IN PERSPECTIVE:

Set limits on how much time you spend reading or watching news about the outbreak. You will want to stay up to date on news of the outbreak, particularly if you have loved ones in places where many people have gotten sick. But make sure to take time away from the news to focus on things in your life that are going well and that you can control.

GET THE FACTS:

Find people and resources you can depend on for accurate health information. Learn from them about the outbreak and how you can protect yourself against illness, if you are at risk. You may turn to your family doctor, a state or local health department, U.S. government agencies, or an international organization. Check out the sidebar on the next page for links to good sources of information about infectious disease outbreaks.

KEEP YOURSELF HEALTHY:

- Eat healthy foods, and drink water.
- Avoid excessive amounts of caffeine and alcohol.
- Do not use tobacco or illegal drugs.
- Get enough sleep and rest.
- Get physical exercise.

USE PRACTICAL WAYS TO RELAX:

- Relax your body often by doing things that work for you—take deep breaths, stretch, meditate, wash your face and hands, or engage in pleasurable hobbies.
- Pace yourself between stressful activities, and do a fun thing after a hard task.
- Use time off to relax—eat a good meal, read, listen to music, take a bath, or talk to family.
- Talk about your feelings to loved ones and friends often.



Take care of your physical health to help lower your stress. Take a break to focus on positive parts of your life, like connections with loved ones.

PAY ATTENTION TO YOUR BODY, FEELINGS, AND SPIRIT:

- Recognize and heed early warning signs of stress.
- Recognize how your own past experiences affect your way of thinking and feeling about this event, and think of how you handled your thoughts, emotions, and behavior around past events.
- Know that feeling stressed, depressed, guilty, or angry is common after an event like an infectious disease outbreak, even when it does not directly threaten you.
- Connect with others who may be experiencing stress about the outbreak. Talk about your feelings about the outbreak, share reliable health information, and enjoy conversation unrelated to the outbreak, to remind yourself of the many important and positive things in your lives.
- Take time to renew your spirit through meditation, prayer, or helping others in need.

Sources for Credible Outbreak-Related Health Information

Centers for Disease Control and Prevention

1600 Clifton Road
Atlanta, GA 30329-4027
1-800-CDC-INFO (1-800-232-4636)
<https://www.cdc.gov>

World Health Organization

Regional Office for the Americas of the World Health Organization
525 23rd Street, NW
Washington, DC 20037
202-974-3000
<http://www.who.int/en>

Helpful Resources

Substance Abuse and Mental Health Services Administration
(SAMHSA)

5600 Fishers Lane

Rockville, MD 20857

Toll-Free: 1-877-SAMHSA-7 (1-877-726-4727)

Email: info@samhsa.hhs.gov

SAMHSA Store: https://store.samhsa.gov

SAMHSA Hotlines

SAMHSA's Disaster Distress Helpline

Toll-Free: 1-800-985-5990 (English and español)

SMS: Text TalkWithUs to 66746

SMS (español): "Hablamos" al 66746

TTY: 1-800-846-8517

Website in English: https://

www.disasterdistress.samhsa.gov

Website in Spanish: https://www.samhsa.gov/find-help/

disaster-distress-helpline/espanol

SAMHSA's National Helpline

Toll-Free: 1-800-662-HELP (24/7/365 Treatment Referral

Information Service in English and español)

Website: https://www.samhsa.gov/find-help/national-helpline

National Suicide Prevention Lifeline

Toll-Free: 1-800-273-TALK (1-800-273-8255)

Toll-Free (español): 1-888-628-9454

TTY: 1-800-799-4TTY (1-800-799-4889)

Website in English: https://

www.suicidepreventionlifeline.org

Website in Spanish: https://

suicidepreventionlifeline.org/help-yourself/en-espanol

Treatment Locator

Behavioral Health Treatment Services Locator

Website: https://findtreatment.samhsa.gov/locator/home

SAMHSA Disaster Technical Assistance Center

Toll-Free: 1-800-308-3515

Email: DTAC@samhsa.hhs.gov

Website: https://www.samhsa.gov/dtac

**Note: Inclusion of a resource in this fact sheet does not imply endorsement by the Center for Mental Health Services, the Substance Abuse and Mental Health Services Administration, or the U.S. Department of Health and Human Services.*



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