

# DISCOVERY

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## Behavioral Health

### COVID-19 Disaster and Distress Resources for patients, families and employees

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

**National Suicide Prevention Lifeline:** 1-800-273-TALK (8255)

**National Domestic Violence Hotline:** 1-800-799-7233

Local Phone Numbers and Resources:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**National Suicide Prevention Lifeline** | *Emotional Wellbeing during the COVID-19 outbreak:*

<https://suicidepreventionlifeline.org/current-events/supporting-your-emotional-well-being-during-the-covid-19-outbreak/>

**National Institute of Mental Health** | *Supporting Mental Health During the COVID-19*

*Pandemic:* <https://www.nimh.nih.gov/news/science-news/2020/supporting-mental-health-during-the-covid-19-pandemic.shtml>

**National Alliance on Mental Health** | *COVID-19 Resource and Information Guide:*

<https://www.nami.org/covid-19-guide>

**American Psychological Association** | *Tips to reduce Anxiety and Stress:*

<https://www.apa.org/helpcenter/pandemics>

**American Academy of Pediatrics** | *Teens & COVID-19: Challenges and Opportunities During*

*the Outbreak:* <https://www.healthychildren.org/English/health-issues/conditions/chest-lungs/Pages/Teens-and-COVID-19.aspx>

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**Substance Abuse and Mental Health Services Administration** | *COVID-19 Public Health Emergency Response and 42 CFR Part 2 Guidance:*

<https://www.samhsa.gov/sites/default/files/covid-19-42-cfr-part-2-guidance-03192020.pdf>

**American Society of Addiction Medicine** | *COVID-19 Resources:*

<https://www.asam.org/Quality-Science/covid-19-coronavirus>

**National Eating Disorders Association** | *COVID-19 Resources:*

<https://www.nationaleatingdisorders.org/help-support/covid-19-resources-page>

**U.S. Department of Health and Human Services** | *Five Things about Staying Mentally Healthy:*

<https://www.youtube.com/watch?v=60kGONUJSRY&feature=youtu.be>

**Center for Disease Control** | *Mental Health and Coping During COVID-19:*

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>

**Federal Emergency Management Agency** | *COVID-19 Best Practice Information: Crisis*

*Counseling:* <https://www.fema.gov/media-library-data/1586012635278-78d2af2e31ce723c7ac9cd3805392e2d/COVID19CrisisCounseling.pdf>