

COVID-19 MENTAL HEALTH RESOURCES

Substance Abuse Mental Health Services Administration (SAMHSA)

- [Disaster Distress Helpline](#)
- [COVID-19 Public Health Emergency Response and 42 CFR Part 2 Guidance \(PDF | 168 KB\)](#)
- [TAP 34: Disaster Planning Handbook for Behavioral Health Treatment Programs](#)
- [Considerations for the Care and Treatment of Mental and Substance Use Disorders in the COVID-19 Epidemic: March 20, 2020 \(PDF | 76 KB\)](#)
- [Considerations for Crisis Centers and Clinicians in Managing the Treatment of Alcohol or Benzodiazepine Withdrawal during the COVID-19 Epidemic: March 19, 2020 \(PDF | 213 KB\)](#)
- [Considerations for Outpatient Mental and Substance Use Disorder Treatment Settings \(PDF | 104 KB\)](#)
- [Training and Technical Assistance Related to COVID-19 \(PDF | 124 KB\)](#)
- [Virtual Recovery Resources \(PDF | 244 KB\)](#)
- [Tips For Social Distancing, Quarantine, And Isolation During An Infectious Disease Outbreak \(PDF | 493 KB\)](#)

The World Health Organization (WHO)

- [Mental Health and Psychological Considerations During COVID-19](#)
- [Helping Children Cope with Stress](#)

National Alliance on Mental Illness (NAMI)

- [COVID-19 Information and Resources](#)
- [COVID-19 Resource and Information Guide](#)

National Council for Behavioral Health

- [Tools and Resources for Covid-19](#)
- [National Council for Behavioral Health Guidance for Behavioral Health Facilities](#)

Mental Health America

- [MHA COVID-19 Resource Page](#): This page is a comprehensive overview of mental health and wellbeing resources focused on COVID-19, including mental health information for disease outbreaks, financial resources, tools and information on anxiety, resources for immediate responses, and information and supports for specific populations including parents, caregivers, older adults, and LGBTQ+ individuals.
- [MHA Webinar Series](#): MHA is offering free online webinars twice a week on different topics specific to COVID-19 that help individuals support themselves and others. Webinars are also focused on resources for nonprofits, employers, and health care providers. Sample topics include Wellness Routines for Uncertain Times, Suicide Prevention for Remote Workers, Creating New Nonprofit Business Models Amid COVID-19, and Gaming for Mental Health: Using Video and Board Games to Support Wellbeing.
- [MHA Screening and Screening to Support Platform](#): MHA's online screening and screening to support platform offers clinically validated mental health screens, along with mental health information, treatment information, connections to peers, and do-it-yourself self-help tools. We are currently monitoring our screening data to track changes and trends in screening severity, use, and populations. In addition to reporting on and analyzing changes in data from our over 3,000 daily screeners, we are updating our screening to support platform with additional resources specific to the current crisis. These include podcasts, screening articles, and DIY Self-Help Tools.

- [MHA Chiming In Blogs](#): We are sharing blogs each week to promote resources and create a dialogue on mental health during COVID-19, particularly among special populations. We are focused on providing specific information for caregivers, parents, teens, first responders, medical professionals, employers, and individuals with mental health conditions.

Local Examples of COVID-19 Mental Health Resources

The City of New York

- [Mental Health Support New Yorkers Can Access While Staying Home](#)
- [COVID-19: Coping and Emotional Well-being](#)

The City and County of San Francisco, CA

- Mayor London Breed announced enhanced mental health resources designed specifically for the City's first responders, and expanded mental health services for all frontline health care workers throughout San Francisco.
- The City and County of San Francisco is partnering with Cordico, a phone-based wellness application, to provide a customizable wellness application for use by all City first responders. The application will connect employees to newly expanded City mental health resources and existing resources within each department. These expanded resources, coordinated through the San Francisco Health Service System, will include additional employee counseling services and 24/7 mental health care for all City employees.
- The existing Employee Assistance Program will be expanded to provide 24/7 one-on-one counseling for any first responder and City employee in need. If employees require long-term mental health counseling, they will be connected to mental health professionals provided by their health care plans, including Kaiser, Blue Shield of California, and United Health Care.
- Mayor Breed also announced the launch of 'Heal San Francisco,' a comprehensive effort to provide immediate and coordinated mental health services for public, private, and non-profit health care workers. The mental health effort will be implemented by the Heal San Francisco Rapid Response Team, which is led by Our Children Our Families (OCOF) Council in partnership with the Department of Public Health and UCSF. OCOF is an initiative under the Department of Children, Youth, and their Families.
- The Heal San Francisco Rapid Response Team has partnered with the Bay Area Chapter of the COVID-19 Pro Bono Counseling Project to expand access to counseling and mental health support for public, private, and non-profit health care providers in need of immediate, short-term support. Heal San Francisco will leverage the support of 375 licensed clinicians, representing diverse backgrounds and multilingual expertise, who will volunteer their time throughout the duration of this crisis to provide the mental health care to support frontline health care staff.
- Heal San Francisco will convene a panel of trauma and stress experts to advise on how to better deliver trauma-informed mental health care through San Francisco's existing health care and community-based service systems. This clinical advisory group will help promote and align strategies to buffer and potentially mitigate the impacts of prolonged stress on our residents.