



BE KIND TO YOUR MIND

A list of resources to help during this
difficult time.

MENTAL HEALTH

[World Health Organization](#): Mental health and psychosocial considerations during the COVID-19 outbreak

[Anxiety and Depression Association of America](#): Coronavirus Anxiety - Helpful Expert Tips and Resources

[SAMHSA](#): SAMHSA's Disaster Distress Helpline provides 24/7, 365-day-a-year crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters.

[SAMHSA](#): Taking Care of Your Behavioral Health: TIPS FOR SOCIAL DISTANCING, QUARANTINE, AND ISOLATION DURING AN INFECTIOUS DISEASE OUTBREAK

[SAMHSA](#): Cómo cuidar de su salud conductual: CONSEJOS PARA LIDIAR CON MEDIDAS DE PRECAUCIÓN DURANTE UN BROTE DE UNA ENFERMEDAD CONTAGIOSA: DISTANCIAMIENTO SOCIAL, CUARENTENA Y AISLAMIENTO

[SAMHSA](#): Coping With Stress During Infectious Disease Outbreaks

[SAMHSA](#): Cómo lidiar con el estrés durante un brote de una enfermedad contagiosa

[Mental Health America of Northeast Indiana](#): This page contains links to official sources for COVID-19 health information, especially in regards to the mental health implications of the pandemic.