

COVID-19 Resource Page

Counseling and Student Development Center | March-April 2020

Crisis resources:

- *The Disaster Distress Helpline*, 1-800-985-5990, is a 24/7, 365-day-a-year, national hotline dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster. This toll-free, multilingual, and confidential crisis support service is available to all residents in the United States and its territories. Stress, anxiety, and other depression-like symptoms are common reactions after a disaster. Call 1-800-985-5990 or text TalkWithUs to 66746 to connect with a trained crisis counselor. Website: <https://www.samhsa.gov/find-help/disaster-distress-helpline>.
- *SAMHSA National Helpline (Also known as Treatment Referral Routing Service)*: 1-800-662-HELP (4357) Website: <https://www.samhsa.gov/find-help/national-helpline>
- *Suicide Prevention Lifeline*: (800) 273-8255
- *Transgender Crisis Hotline*: (877) 656-8860
- *LGBTQ+ Hotline*: (866) 488-7386
- *Graduate Student Help Line*: (800) 472-3457
- *Veterans Help Line*: (800) 838-2838
- *National Domestic Violence Hotline*: (800) 799-7233
- *National Crisis Text line*: Text HOME to 741741
- *NAMI Helpline*: 1-800-950-NAMI (6264) Website: <https://www.nami.org/find-support/nami-helpline>
- **Hawaii-specific crisis resources:**
 - *Crisis Line of Hawaii*: (808) 832-3100 (Oahu) and (800) 753-6879 for neighbor islands
 - *Crisis Text Line*: Text ALOHA to 741741. Website: <https://www.crisistextline.org/aloha> [NB: As noted above, the text line is national and can be accessed anywhere in the country]

Hawaii-specific resources:

- The *State of Hawaii* maintains an updated resource website for COVID-19 specific to our state: <https://hawaiicovid19.com/>
- The *Hawaii Psychological Association* maintains an updated resource page: <https://www.hawaiipsychology.org/COVID-19-Resources>

Psychoeducation resources:

- *CDC* maintains an updated resource page with tips, recommendations, and links to other mental health resources: https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html?DC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fprepare%2Fmanaging-stress-anxiety.html
- *The JED Foundation* maintains an updated resource page for coping with COVID-19: <https://www.jedfoundation.org/covid19-tips-and-resources/>

- SAMSHA has a comprehensive handout regarding coping during the COVID-19 outbreak: <https://www.samhsa.gov/sites/default/files/tips-social-distancing-quarantine-isolation-031620.pdf>
- The *World Health Organization (WHO)* has released recommendations for mental health and coping during the COVID-19 outbreak: https://www.who.int/docs/default-source/coronaviruse/mental-health-considerations.pdf?sfvrsn=6d3578af_16
- The *American Psychological Association (APA)* maintains an updated resource page specific to mental healthcare professionals and provides resources for patients on their Pandemics website: <https://www.apa.org/practice/programs/dmhi/research-information/pandemics>
 - APA has another page dedicated specifically to COVID-19: <https://www.apa.org/topics/covid-19>
- **Other university institution resources pages for COVID-19:**
 - University of Indianapolis: <https://www.uindy.edu/studentcounseling/scc-news-updates>
 - University of Alabama at Birmingham: <https://www.uab.edu/students/counseling/resources/covid-19-services-and-resources>
- **For descriptions of available mental health apps:**
 - <https://www.uab.edu/students/counseling/our-services/telemental-health-services/mental-health-apps>
 - <https://www.uindy.edu/studentcounseling/files/mentalhealthapps.pdf>
- **Self care guidance:**
 - *The Anxiety and Depression Association of America* has free webinars, tips, and resources for coping with mental health concerns related to COVID-19: <https://adaa.org/finding-help/coronavirus-anxiety-helpful-resources>
 - *Therapy Assistance Online (TAO)* has made their mindfulness videos available for free for public use: <https://www.taoconnect.org/mindfulness-exercise/>
 - *Active Minds* is an organization focused on college student mental health and advocacy. Students may find the recorded webinars, tips, and mental health recommendations on their website helpful for coping during the COVID-19 pandemic. Website: <https://www.activeminds.org/about-mental-health/be-there/coronavirus/>
 - Care for COVID-19 anxiety: <https://www.virusanxiety.com/>
 - **Self-help articles:**
 - *Psychologist's tips for emotional resilience:* https://www.washingtonpost.com/lifestyle/wellness/anxiety-coronavirus-mental-wellness-tips/2020/03/16/f187faf2-67b8-11ea-9923-57073adce27c_story.html
 - *Science-based tips for coping with COVID-19 anxiety:* <https://theconversation.com/7-science-based-strategies-to-cope-with-coronavirus-anxiety-133207>

Support and guidance for instructors

- Information on how students may be affected by COVID-19 related stressors, including educational changes, and how instructors can help:
 - *Chronicle of Higher Education* resources:
http://www.scra27.org/files/8715/8585/5731/CopingwithCoronavirus_Collection.pdf
 - *JED Higher Education* resources:
<https://www.gotostage.com/channel/webinarsforcampusprofessionals>

Telehealth resources:

- Several organizations allow individuals to sign up and pay for sessions with a licensed counselor remotely:
 - *Talkspace Online Therapy* – online counseling by text, audio or video messaging at an affordable cost. Website: www.talkspace.com
 - *Better Help* – professional online counselors available 24/7, private and affordable. Website: www.betterhelp.com
- For providers:
 - The *Telebehavioral Health Institute* maintains a helpful resource page for providers of telehealth services: <https://telehealth.org/bibliography/>

Decreasing stigma:

- *APA* guide for reducing stigma during the outbreak: <https://www.apa.org/topics/covid-19-bias>
- *The World Health Organization (WHO)* and *UNICEF* have released recommendations for combating stigma during the COVID-19 outbreak:
https://www.who.int/docs/default-source/coronaviruse/covid19-stigma-guide.pdf?sfvrsn=226180f4_2
- *Racial Equality Tools* is an online resource for individuals and groups working to achieve racial equality. They have resources specific to COVID-19:
<https://www.racialequitytools.org/fundamentals/resource-lists/resources-addressing-covid-19-with-racial-equity-lens>