

# CORONAVIRUS DISEASE (COVID-19) MENTAL HEALTH RESOURCES



The coronavirus pandemic has taken a devastating toll on the United States' citizens health and its economy. But these numbers do not reflect the mental and emotional damage being done behind closed doors as millions of Americans struggle with losing loved ones and dealing with the economic impact of stay-at-home orders. For those struggling, here is a list of resources for help:

## MENTAL HEALTH RESOURCES

### CDC DISASTER DISTRESS HOTLINE

800.985.5990

Text "TALKWITHUS" to 66746

### NAMI HELPLINE

800.950.6264

[nami.org](http://nami.org)

### NATIONAL SUICIDE PREVENTION LIFELINE

800-273-TALK (8255)

[suicidepreventionlifeline.org](http://suicidepreventionlifeline.org)

### CRISIS TEXT LINE

Text "HOME" to 741741

[crisistextline.org](http://crisistextline.org)

### SEIZE THE AWKWARD

[seizetheawkward.org](http://seizetheawkward.org)

## RESOURCES FOR HEALTH CARE WORKERS

### U.S. DEPARTMENT OF HEALTH & HUMAN SERVICES

[www.hhs.gov](http://www.hhs.gov)

### SAMHSA DISASTER DISTRESS HOTLINE

800.985.5990

Text "TALKWITHUS" to 66746

[samhsa.gov](http://samhsa.gov)

### HEADSPACE

[www.headspace.com/covid-19](http://www.headspace.com/covid-19)

## SUBSTANCE ABUSE RESOURCES

### FIND TREATMENT

800.662.HELP (4357)

[findtreatment.gov](http://findtreatment.gov)

### PARTNERSHIP FOR DRUG-FREE KIDS

Text a question to 5575

[drugfree.org](http://drugfree.org)

## DOMESTIC ABUSE RESOURCES

**If you are experiencing an emergency, please call 911.** If there's any kind of emergency, you can call 911 from absolutely any phone that has a charge. Cell phones that don't have minutes or an action plan can even call 911. Pay phones (if you can find any around anymore) will all call 911. If you believe that you or someone else is in imminent danger 911 could be the best place to call, and they can get to you quickly.

### NATIONAL DOMESTIC VIOLENCE HOTLINE

800.799.7233

800.799.3224 (TTY)

[www.thehotline.org/is-this-abuse/](http://www.thehotline.org/is-this-abuse/)

**Afraid to talk on phone – live online chat available.**

[www.thehotline.org/what-is-live-chat/](http://www.thehotline.org/what-is-live-chat/)

## ANGER MANAGEMENT RESOURCES

### NATIONAL DOMESTIC VIOLENCE HOTLINE

800.621.HOPE (4673)

[www.safehorizon.org](http://www.safehorizon.org)

**Don't want to talk on phone – live online chat available.**

[www.safehorizon.org/safechat](http://www.safehorizon.org/safechat)

## GRIEF RESOURCES

### GRIEF RESOURCE NETWORK

[griefresourcenetwork.com/](http://griefresourcenetwork.com/)

[griefresourcenetwork.com/crisis-center/hotlines/](http://griefresourcenetwork.com/crisis-center/hotlines/)

## CORONAVIRUS PODCASTS

### HMC HEALTHWORKS CORONAVIRUS PLAYLIST

<https://www.youtube.com/>

[playlist?list=PLrATNWGPiWiMeBzoxfMyKedUrL\\_](https://www.youtube.com/playlist?list=PLrATNWGPiWiMeBzoxfMyKedUrL_)