



Mental Health Association in Michigan

COVID-19 Mental Health Resources

Last updated 3.19.2020

American Foundation for Suicide Prevention:

- [Taking Care of Your Mental Health in the Face of Uncertainty](#)- offers a list of ways to take care of your mental health in light of current events.
- Dr. Christine Moutier on [A CNN Global Town Hall: Coronavirus Facts and Fears](#)- Dr. Christine Moutier joins Anderson Cooper and Dr. Sanjay Gupta to discuss the mental health impact of Coronavirus

Mental Health America:

- [Mental Health And COVID-19 – Information And Resources](#) –MHA is offering mental health information for disease outbreaks on their website.
- [Press Release from President and CEO, Paul Gionfriddo](#)- Paul offers mental health tips and tactics for individuals, professionals and policy leaders to help lessen anxiety and concern around the virus.
- [Paul's Blog](#): It is Imperative to Act Swiftly to Mitigate the Effects of COVID-19 on Mental Health- Paul shares results from the MHA online screening data as worries about COVID-19 increase.
- [Care for your Coronavirus Anxiety](#): MHA collaborated with Shine Text to develop a mental health toolkit during this time.

JED:

- [COVID-19 and managing mental health](#) –JED is offering helpful resources for managing anxiety.
- [COVID-19 In Case You Missed It](#)- JED put together a recap of COVID-19 related news released on their website, including:
 - [Livestream](#) on strategies to support your family during uncertain times
 - Support, services and messaging when addressing students, faculty and staff on campus communities.
- [How can Colleges and Universities supporting their students?](#)- JED collaborated with The Hope Center to develop a guidance document on how to support college students in COVID-19. Retweeted and adapted by JED on [Twitter](#).

National Alliance on Mental Illness:

- [NAMI COVID-19 \(Coronavirus\) Information and Resources](#)- resource offering tips on how to improve your mental health amid COVID-19.
- [Designated tips](#) for people living with mental illness and for people who are working from home.
- Note from Dan Gillison, NAMI CEO- [YouTube video](#)

National Council:

- [National Council for Behavioral Health COVID-19 March Townhall Announcement](#)- first in a series of CEO Townhall meetings which will focus on the conversation around COVID-19 and how the behavioral health field is positioned to respond. (First Webinar on Thursday, 3/19 @4pm ET, notes/recap to follow)
- [Resources and Tools for Addressing Coronavirus](#): a resource directory to help navigate this evolving situation when sharing with staff, stakeholders and members of the community.
- [Navigating the Behavioral Health Impacts of the Coronavirus](#): Dr. Joe Parks, VP of Practice Improvement and Co-chair of the Medical Director Institute wrote in NatCon's BH365 blog.
- [Webinar: Preparing Behavioral Health Organizations for Coronavirus](#): This timely webinar will provide an overview of the spectrum of clinical presentations of coronavirus and specific suggestions for decreasing the risk of transmission in the behavioral health setting. (Webinar on Friday, 3/20 @1-2pm ET, notes/recap to follow)

Other notable coverage:

- [Coronavirus Preparedness and Response Supplemental Appropriations Act](#), 2020- The bill requires that agencies “pay back” money that was moved from programs like NIDILRR and emergency heat funding when the crisis began.
- [Coping with Coronavirus: Managing Stress, Fear, and Anxiety](#): Director of NIMH, Joshua Gordon, writes on how to navigate the disruptions to daily life.
- [CDC- Manage Anxiety & Stress](#): In sharing how to prepare for COVID-19, the CDC shared stress tactics and coping mechanisms curated to the general public, parents, responders and those who have been released from quarantine.
- [TWLOHA- Hope Will Not Be Cancelled](#): To Write Love on Her Arms featured a blog post ensuring that although many events and activities have been cancelled due to COVID-19, hope and community support remains.
- [#isolatedNOTlonely Tip Sheet](#): Coalition to End Social Isolation & Loneliness developed a tip sheet on how to remain #isolatedNOTlonely during this intentional isolation period.
- [Good Morning America- Mindfulness During the Coronavirus](#): GMA shared ways to strengthen your mind in times of stress, a [video](#) on COVID-19 FAQs and directs readers to the Ten Percent Happier podcast.
- [Ten Percent Happier Live](#): Every weekday, at 3pm ET, Dr. Harris and other meditation teachers stream a five-minute meditation and Q&A as a dedicated time to relieve stress. In addition, episodes regarding Coronavirus anxiety are featured on the app.
- [TODAY- How to Survive Coronavirus Anxiety](#): TODAY shared 8 tips from mental health experts on how to protect your mental health and a result, support your physical health.