

## COVID-19 Mental Health and Self Care Resources

The resources below can be used by people with intellectual and developmental disabilities, parents, caregivers, family members, and service providers to help cope with COVID-19 related stress and anxiety.

### Mental Health, Mindfulness & Meditation Resources:

- **Coping Strategies**  
Multiple articles on how to cope with the anxiety caused by uncertainties around the COVID-19 pandemic.  
[www.drrobertnaseef.wordpress.com](http://www.drrobertnaseef.wordpress.com)
- **Ten Percent Happier Sanity Guide**  
A free resource with meditations, podcasts, blog posts, and talks on building resilience and finding some calm amidst the chaos.  
[www.tenpercent.com](http://www.tenpercent.com)
- **Coa-Free Classes Through COVID-19, Guided by Therapists**  
Coa-Free Classes Through COVID-19, Guided by Therapists, offers online, therapist-led groups and workshops for anxiety, stress, and connection. Class topics include managing work stress, building a mental health and mindfulness routine during COVID-19, stress on the frontlines of COVID - support for healthcare workers, and parenting during COVID-19.  
[www.joincoa.com](http://www.joincoa.com)
- **Ginger Roots COVID-19 Mental Health Strategies**  
Ginger Roots COVID-19 Mental Health Strategies is a free online tool through Ginger offering a library of supports to help users cope during the COVID-19 pandemic. Some of these support topics include managing anxiety, feelings of isolation, parenting, financial stress and self-care for essential workers  
[www.ginger.io/roots](http://www.ginger.io/roots)
- **Coronavirus Anxiety: Coping with Stress, Fear, and Worry**  
HelpGuide is a nonprofit mental health and wellness website with a mission to provide empowering, evidence-based information that you can use to help yourself and your loved ones. Helpguide.org has created a page on their website called Coronavirus Anxiety: Coping with Stress, Fear, and Worry. The page offers tips on coping, self-care, and stress management to help get through this stressful time  
[www.helpguide.org](http://www.helpguide.org)
- **SAMHSA Disaster Distress Helpline**  
SAMHSA (Substance Abuse and Mental Health Services Administration) Disaster Distress Helpline is a 24/7, 365-day-a-year, multilingual national hotline dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster, such as the COVID-19 pandemic. Call [1-800-985-5990](tel:1-800-985-5990) or text TalkWithUs to 66746 to connect with a trained crisis counselor.  
[www.samhsa.gov](http://www.samhsa.gov)
- **COVID-19: Coping and Emotional Well-being**

COVID-19: Coping and Emotional Well-being offers guidance from the Department of Health and Mental Hygiene (DOHMH) during the COVID-19 pandemic. Available in multiple languages, this site offers tips and resources for staying connected with friends and family, coping with isolation, coping with stress, loss of a loved one, grief and loss in the workplace, and domestic violence.

[www.nyc.gov/covid-19](http://www.nyc.gov/covid-19)

#### **Apps:**

- **All Mental Health**

All Mental Health is an app which provides access to free resources, designed to help you care for your mental health and wellbeing during Coronavirus.

[www.coronavirus.allmentalhealth.org](http://www.coronavirus.allmentalhealth.org)

- **SHINE**

Shine is a self-care app that can help you to learn to struggle less with your stress and anxiety. Get access to 600+ meditations & research-backed programs proven to reduce anxiety and an invite to join a private digital community to get real-time support and advice from others around managing coronavirus anxiety.

[www.join.shinetext.com](http://www.join.shinetext.com)

- **Headspace**

Headspace is a mindfulness and meditation app with additional online content that anyone can access. Headspace has also created a special NY collection of meditation, sleep, and movement exercises for both adults and children to offer support through these stressful and challenging times.

[www.headspace.com](http://www.headspace.com)

- **UCLA Health**

UCLA Health is providing free COVID-19 mindfulness resources through the UCLA Mindfulness app. With this easy-to-use app, you can practice mindfulness meditation anywhere, anytime with the guidance of the UCLA Mindful Awareness Research Center.

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

- **Calm**

Calm is a mindfulness app that provides a free list of guided and unguided meditations focused on reducing stress and anxiety. The Calm app offers free scenes to select from that play nature sounds or music while you meditate.

[www.calm.com](http://www.calm.com)

- **Nursing License Map/2020 Mental Health Resource List**

a comprehensive list of resources and tools — culled from colleges and other organizations — for anyone hoping to improve their mental health.

<https://nursinglicensemap.com/resources/mental-health-resources/>