COVID19 Resources for Mental Health:

For General Public information: [https://www.coronavirus.gov/](https://www.coronavirus.gov/)

For immediate assistance:

- Disaster Distress Helpline - Call 1-800-985-5990 or text TalkWithUs to 66746
- National Suicide Prevention Lifeline - Call 800-273-8255 or Chat with Lifeline
- Crisis Textline - Text TALK to 741741

Resources for Providers

- [Taking Care of Patients During the Coronavirus Outbreak: A Guide for Psychiatrists](https://www.centerforstudytraumaticstress.org/coravirus) (Center for the Study of Traumatic Stress, CSTS)
- [Helping Patients Manage the Psychological Effects of Quarantine and Isolation](https://www.centerforstudytraumaticstress.org/coravirus) (CSTS)
- [How Healthcare Personnel Can Take Care of Themselves](https://www.centerforstudytraumaticstress.org/coravirus) (CSTS)
- [Supporting Patients During Quarantine or Confinement](https://www.centerforstudytraumaticstress.org/coravirus) (CSTS)
- [Care for Critically Ill Patients With COVID-19](https://www.jamanetwork.com/), (JAMA Insights: Clinical Update, March 11, 2020)
- [Best Practices in Videoconferencing-Based Telemental Health](https://www.apa.org) guide (APA and American Telemedicine Association)

Resources for Families

- [Taking Care of Family Well-Being](https://www.npts.org) (National Child Traumatic Stress Network, NCTSN)
- [Supporting Homebound Children During COVID-19](https://www.centerforstudytraumaticstress.org/coravirus) (CSTS)
- [Supporting Your Family During Quarantine or Isolation: Tips for Social Distancing, Quarantine, and Isolation during an Infectious Disease Outbreak](https://www.samhsa.gov) (Substance Abuse and Mental Health Services Administration, SAMHSA)

Resources for Healthcare & Community Leaders

- [Helping People Manage Stress Associated with the COVID-19 Virus Outbreak](https://www.npts.org) (National Center for PTSD)
- [How Public Health Leaders Can Support Communities Dealing with Quarantine](https://www.centerforstudytraumaticstress.org/coravirus) (CSTS)
- [Health Risk and Crisis Communication to Enhance Community Wellness](https://www.centerforstudytraumaticstress.org/coravirus) (CSTS)
- [Addressing Stigma Associated with COVID-19](https://www.worldhealth.org) (World Health Organization)

Additional Resources:
The Lancet: Rapid Review, *The psychological impact of quarantine and how to reduce it: rapid review of the evidence*

United Nations Inter-Agency Standing Committee, Briefing: “*Addressing Mental Health and Psychosocial Aspects of COVID-19 Outbreak*”

For general resources and guidance on coronavirus and prevention, see the Centers for Disease Control and Prevention (CDC) resources:

- What you need to know
- Guidance on prevention and control
- Guidance for travelers
- Coronavirus Stigma and Resilience
- Mental Health and Coping During COVID-19

**From the CDC: Resources for Clinics and Healthcare Facilities:**


**From the World Health Organization IASC MHPSS Reference Group (Feb 2020 WHO):**

- Supporting people working in the COVID-19 response
- Community message
- Messages & activities for helping children
- MHPSS activities for adults in isolation/quarantine
- Helping older adults
- Supporting the needs of people with disabilities

**From the Virginia Health Care Association:** This includes a COVID19 Screening Toolkit, Precautions Signage, and updates for residential, ALF/LTC settings: [https://www.deadiversion.usdoj.gov/coronavirus.html](https://www.deadiversion.usdoj.gov/coronavirus.html)

**From Virginia Department of Health Temporary Waivers for Nurses, NP’s, MAs:** [https://www.dhp.virginia.gov/AboutDHP/News/Content-329361-en.html](https://www.dhp.virginia.gov/AboutDHP/News/Content-329361-en.html)


**From the DEA Diversion Control Division:** Includes information on Opioid Treatment Programs and the usage of telehealth for prescribing [https://www.deadiversion.usdoj.gov/coronavirus.html](https://www.deadiversion.usdoj.gov/coronavirus.html)
From the Centers for Medicare and Medicaid Services:

CMS Guidance for Clinicians: This includes memos on waivers.

CMS Provider factsheet for Telehealth:

From DBHDS: This is a frequently updated page:
http://www.dbhds.virginia.gov/covid19

From DMAS: The memo on expanded telehealth coverage (including telephonic appointments):
https://www.ecm.virginiamedicaid.dmas.virginia.gov/WorkplaceXT/getContent?impersonate=true&id={953807C3-219F-4F74-9B7B-886FEB1DA1FD}&vsId={5005F370-0000-C315-BD0B-8E8E14C18755}&objectType=document&objectStoreName=VAPRODOS1

Intellectual and Developmental Disability Resources:

From the VCU Autism Center:

National Autism Association Resources for families:
https://nationalautismassociation.org/covid-19-resources-for-families/