

COVID19 Resources for Mental Health:

For General Public information: <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](#) (Center for the Study of Traumatic Stress, CSTS)
- [Helping Patients Manage the Psychological Effects of Quarantine and Isolation](#) (CSTS)
- [How Healthcare Personnel Can Take Care of Themselves](#) (CSTS)
- [Supporting the Mental Health of Patients During COVID-19: A Guide for Healthcare Personnel](#) (CSTS)
- [Supporting Patients During Quarantine or Confinement](#) (CSTS)
- [Care for Critically Ill Patients With COVID-19](#), (JAMA Insights: Clinical Update, March 11, 2020)
- [Telepsychiatry and COVID-19](#) (APA) New guidance from CMS, updated 3/17/20
- [Best Practices in Videoconferencing-Based Telemental Health](#) guide (APA and American Telemedicine Association)

Resources for Families

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

Resources for Healthcare & Community Leaders

- [Helping People Manage Stress Associated with the COVID-19 Virus Outbreak](#) (National Center for PTSD)
- [How Public Health Leaders Can Support Communities Dealing with Quarantine](#) (CSTS)
- [Health Risk and Crisis Communication to Enhance Community Wellness](#) (CSTS)
- [Addressing Stigma Associated with COVID-19](#) (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:

<https://www.cdc.gov/coronavirus/2019-ncov/healthcare-facilities/index.html>

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>

From Virginia Department of Health Temporary Waivers for Nurses, NP's, MAs:
<https://www.dhp.virginia.gov/AboutDHP/News/Content-329361-en.html>

From Virginia Department of Health Protective Equipment Recommendations:
http://www.vdh.virginia.gov/content/uploads/sites/13/2020/03/PPE-Recommendations_Shortage-Situations.pdf

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>

From the Centers for Medicare and Medicaid Services:

CMS Guidance for Clinicians: This includes memos on waivers.

<https://www.cms.gov/About-CMS/Agency-Information/Emergency/EPRO/Current-Emergencies/Current-Emergencies-page>

CMS Provider factsheet for Telehealth:

<https://www.cms.gov/newsroom/fact-sheets/medicare-telemedicine-health-care-provider-fact-sheet>

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/>