



# COPING WITH COVID-19



Resources for Mental Health and Well-Being during the Coronavirus

## Focus on the Facts

### **SITUATION SUMMARY FROM THE CENTERS FOR DISEASE CONTROL AND PREVENTION**

Sharing the facts about COVID-19 and understanding the actual risk to yourself and the people that you care about can make the outbreak less stressful. When you find yourself getting overwhelmed, take a break from the news and connect with others.

## Social Emotional Learning Supports

- From the [Collaborative on Academic and Social Emotional Learning](#) (CASEL)
- From [SEL4CT](#), a National Organization that promotes and supports effective Social Emotional Learning implementation.

From the Substance Abuse  
and *Mental Health*  
*Services Administration*  
*Disaster and Distress*  
*Helpline*

**CALL:** 1-800-985-5990  
**CHAT:** TEXT TALKWITHUS TO  
66746

### **APP INFORMATION**



# On Dealing with Existing Mental Health Issues and COVID-19

- "[How to Deal with Coronavirus if you have OCD or Anxiety.](#)"
  - "[Therapists Answer Your Top Questions about Coronavirus Anxiety.](#)"
  - "[Managing Your Stress During Tough Economic Times.](#)"
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[Directory of Local Health Departments](#)

[National Crisis Text Line, 24/7](#)  
Text 741741

[Trevor Lifeline](#)  
Call, Text, Chat  
for LGBTQ Youth

[National Parent Helpline](#)  
M-F 1pm-10pm

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## Information for Domestic Abuse Survivors

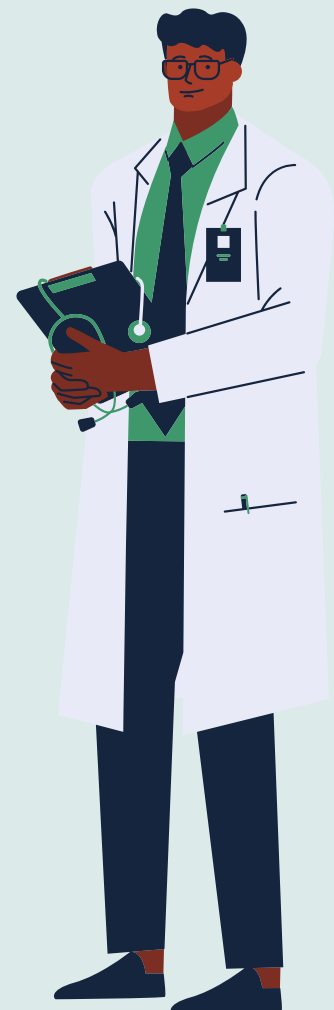
- Survivors or anyone looking for guidance about how to help someone experiencing domestic violence can contact **Connecticut's Safe Connect** 24/7, 365 days a year via:
  - Voice Call/Text: (888) 774-2900
  - Email: [safeconnect@ctcadv.org](mailto:safeconnect@ctcadv.org)
  - or [Web Chat](#)
- The **National Domestic Violence Hotline** is 24/7, confidential and free, via:
  - Voice Call: (800) 799-7233
  - Text LOVEIS to 22522
  - or [Web Chat](#)
- The **National Sexual Assault Hotline** is 24/7, confidential and free, via
  - Voice Call: (800) 656-HOPE (4673)
  - or [Web Chat](#)
- The **StrongHearts Native Helpline** for domestic/sexual violence is available 8am-11pm, confidential, and specifically for Native communities:
  - Voice Call: (844) 762-8483
  - or visit the [Website](#)
- The **Deaf Hotline** is available 24/7 through video phone, email and chat for Deaf, DeafBlind, DeafDisabled survivors:
  - Video Call: (855) 812-1001
  - Email: [nationaldeafhotline@adwas.org](mailto:nationaldeafhotline@adwas.org)
  - or [Web Chat](#)
- [Guidance](#) for Domestic Violence Shelters during COVID-19, from the National Network to End Domestic Violence.

## Other Resources

- The **Trans LifeLine** for peer support for trans folks 10am-4am. The hotline is staffed exclusively by trans operators and is the only crisis line with a policy against non-consensual active rescue.
    - Voice Call: (877) 565-8860
    - or visit the [Website](#)
  - Connecticut's **Triangle Community Center**, which is Fairfield County's leading provider of programming and resources to nurture growth and connection within the LGBTQ community, has moved their services online.
  - **Online Mental Health Resources** specific to [Connecticut](#).
  - From **Futures Without Violence**, a comprehensive list of resources for vulnerable populations during COVID-19. Includes more information regarding Safety Plans, other resources for domestic violence, resources for homelessness, immigrant communities, and information on financial relief for vulnerable communities.:
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## Resources for those with Mental Illness

- **211 of Connecticut** is a resource for those with suicidal ideation, as well as an [online](#) repository of Mental Health services.
  - For the Crisis Line, dial 211, then press 1
- **The Healthy Lives CT website** provides information and tools for maintaining or regaining wellness in the areas of emotional wellness, physical wellness, holistic wellness, financial wellness, and recovery from addiction issues.
- **Mental Health America** has a [page](#) for Mental Health And COVID-19 – Information And Resources, which includes resources for parents, caregivers, older adults, LGBTQ+ individuals and veterans, amongst others.
- Connecticut's **The Hub: Behavioral Health Action Organization for Southwestern CT** has a [page](#) for Mental Health Supports in a pandemic.



## On Cyberbullying

- "[Coronavirus, Online Learning, Social Isolation, and Cyberbullying: How To Support Our Students.](#)"
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## The National Alliance on Mental Illness (NAMI)

- A long list of information and resources, ranging from how to deal with general anxiety around COVID-19 to grief resources if you've lost a loved one to the illness. Has information on how to support your adult child with severe mental illness, recommendations for smokers, and assistance programs
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## Resources for those Coping with Loss

- "[Grief, Coping with the Loss of a Loved One](#)"
- "[Adolescent Stress in the time of COVID-19: Coping with Loss](#)"
- "[Coping with Death During a Pandemic](#)"
- A list of "[115 Helpful Websites for Grief and Bereavement.](#)"

