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# COVID-19 BEHAVIORAL HEALTH RESOURCE GUIDE

## CDC

- Community Mitigation Strategy [[SOURCE](#)]
- Stigma and Resilience [[SOURCE](#)]
- Mental Health and Coping for COVID-19 [[SOURCE](#)]
- Coping with a Disaster or Traumatic Event [[SOURCE](#)]
- Taking Care of your Emotional Health [[SOURCE](#)]
- Helping Children Cope [[SOURCE](#)]
- How to Talk with your Children and Ebola [[SOURCE](#)]
- Relocation Stress: Helping Families Deal with the Stress of Relocation after a Disaster [[SOURCE](#)]

## SAMHSA

- Taking Care of your Behavioral Health: Tips for Social Distancing, Quarantine, and Isolation During an Infectious Disease Outbreak [[SOURCE](#)]
- Helping Older Adults after Disasters: A Guide to Providing Support [[SOURCE](#)]
- Coping with Stress During Infectious Disease Outbreaks [[SOURCE](#)]
- Using Technology-Based Therapeutic Tools in Behavioral Health Services [[SOURCE](#)]
- COVID-19 Guidance for Opioid Treatment Programs [[SOURCE](#)]
- Disaster Planning Handbook for Behavioral Health Treatment Programs [[SOURCE](#)]

## ASPR TRACIE & ASPR ABC

- CMS Telehealth Reimbursements [[SOURCE](#)]
- Standards of Care During Crisis [[SOURCE](#)]
- Maintaining Calm at the POD [[SOURCE](#)]

## CSTS

- Sustaining the Well-Being of Healthcare Personnel During Coronavirus and Other Infectious Disease Outbreaks [[SOURCE](#)]
- Taking Care of your Family During Coronavirus and other Emerging Infectious Disease Outbreaks [[SOURCE](#)]
- Caring for Patients' Mental Well-Being During Coronavirus and other Emerging Infectious Diseases: A Guide for Clinicians [[SOURCE](#)]
- Taking Care of Patients During the Coronavirus Outbreak: A Guide for Psychiatrists [[SOURCE](#)]
- Psychological Effects of Quarantine During the Coronavirus Outbreak: What Healthcare Providers Need to Know [[SOURCE](#)]
- Psychological Effects of Quarantine During the Coronavirus Outbreak: What Public Health Leaders Need to Know [[SOURCE](#)]
- Mental Health and Behavioral Guidelines for Preparedness and Response to Coronavirus and other Emerging Infectious Outbreaks [[SOURCE](#)]
- Coronavirus and Emerging Infectious Disease Outbreaks: How Healthcare Personnel Can Support Military Families and their Health [[SOURCE](#)]
- Mitigate the Effects of Home Confinement on Children During the COVID-19 Outbreak [[SOURCE](#)]
- The Psychological Impact of Quarantine and How to Reduce it: Rapid Review of the Evidence [[SOURCE](#)]

## NCTSN

- Parent/Caregiver Guide to Helping Families Cope With the Coronavirus Disease 2019 (English, Chinese and Spanish Available) [[SOURCE](#)]
- Creating Effective Child and Family Focused Disaster Behavioral Health Messages on Social Media [[SOURCE](#)]
- Age-Related Reactions to a Traumatic Event [[SOURCE](#)]

## VA (National Center for PTSD)

- Managing Stress Associated with the COVID-19 Virus Outbreak [[SOURCE](#)]
- Helping People Manage Stress Associated with the COVID-19 Virus Outbreak: For Providers and Community Leaders [[SOURCES](#)]
- Managing Health Care Workers' Stress Associated with the COVID-19 Virus Outbreak: For Healthcare Workers [[SOURCE](#)]

## MATRC

- Telebehavioral Health Center Information and Guidance [[SOURCE](#)]
- PowerPoint: SAMHSA-HRSA Center for Integrated Health Solutions: Telebehavioral Health in Primary Care [[SOURCE](#)]

## World Health Organization

- Mental Health Considerations During COVID-19 Outbreak [[SOURCE](#)]

## DHHS (State-Level)

- Five Ways to View Coverage of the Coronavirus [[SOURCE](#)]

## REMS (Readiness and Emergency Management for Schools)

- School EOPS In-Depth: Planning for Infectious Diseases (30-45min) [[SOURCE](#)]
- Topic-Specific Resources to Support Your Emergency Management Planning: Public Health, Medical and Mental Health Resources [[SOURCE](#)]

## ADDITIONAL RESOURCES

- Disaster Distress Hotline [[SOURCE](#)]
- National Suicide Prevention Lifeline [[SOURCE](#)]

- Optum Emotional Support Helpline: 866-342-6892 for people who may be experiencing anxiety or stress around COVID-19

Listen. Protect and Connect: Neighbor to Neighbor, Family to Family Psychological First Aid(<https://www.fema.gov/media-library/assets/documents/132712>)