

RESOURCES

PROMOTING HEALTHY THOUGHTS:

NCPTSD: Helpful Thinking during the Coronavirus (COVID-19) Outbreak:

https://www.ptsd.va.gov/covid/COVID_helpful_thinking.asp

SEEKING PROFESSIONAL ASSISTANCE:

Psychology Today: Find a Therapist

<https://www.psychologytoday.com/us/therapists>

National Suicide Prevention Lifeline: 1-800-273-8255

<https://suicidepreventionlifeline.org/>

ONLINE MENTAL HEALTH RESOURCES:

American Psychological Association: COVID-19 Information & Resources

<https://www.apa.org/topics/covid-19/>

National Center for PTSD: COVID-19 Resources for Managing Stress

<https://www.ptsd.va.gov/covid/index.asp>

International Society of Traumatic Stress Studies: COVID-19 Resources

<https://istss.org/public-resources/covid-19-resources>

Center for Traumatic Stress Studies: COVID-19 Pandemic Resource Pages

<https://www.cstsonline.org/resources/resource-master-list/coronavirus-and-emerging-infectious-disease-outbreaks-response>

ONLINE RESOURCES FOR HEALTH PROFESSIONALS:

American Medical Association: Managing Mental Health during COVID-19

<https://www.ptsd.va.gov/covid/index.asp>

CDC: Healthcare Personnel and First Responders: How to Cope with Stress and Build Resilience During the COVID-19 Pandemic

<https://www.cdc.gov/coronavirus/2019-ncov/hcp/mental-health-healthcare.html>

Uniformed Services University: A Guide to Support the Well-being of Healthcare Personnel during a Time of Crisis

https://www.usuhs.edu/sites/default/files/media/ncdmph/pdf/a_guide_to_support_the_well-being_of_healthcare_personnel_during_a_time.pdf

Massachusetts General Hospital: For Health Care Providers

<https://www.massgeneral.org/psychiatry/guide-to-mental-health-resources/health-care-providers>