

RESOURCES

SEEKING PROFESSIONAL ASSISTANCE:

Psychology Today: Find a Therapist

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

SURVEYS:

National Center for Health Sciences: Household Pulse Survey

<https://www.cdc.gov/nchs/covid19/pulse/mental-health.htm>

American Psychological Association: Stress in America

<https://www.apa.org/news/press/releases/stress>

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>

MOBILE APPS:

Headspace

<https://www.headspace.com/>

Calm

<https://www.calm.com/>

COVID Coach

https://www.ptsd.va.gov/appvid/mobile/COVID_coach_app.asp

RESEARCH OPPORTUNITY:

Mental Health Impact of COVID-19 Pandemic Study

<https://www.nimh.nih.gov/research/research-conducted-at-nimh/join-a-study/trials/adult-studies/mental-health-impact-of-covid-19-pandemic-study.shtml>

TRAINING OPPORTUNITY:

Post-Master's Certificate Program: Evidence-Based Assessment & Treatment of PTSD in Adults

<https://brownschool.wustl.edu/Resources-and-Initiatives/Post-Masters-ertificate/Pages/Evidence-Based-Assessment-and-Treatment-of-PTSD-in-Adults.aspx>