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

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
MOBILE APPS:
Headspace
https://www.headspace.com/
Calm
https://www.calm.com/
COVID Coach

RESEARCH OPPORTUNITY:
Mental Health Impact of COVID-19 Pandemic Study

TRAINING OPPORTUNITY:
Post-Master’s Certificate Program: Evidence-Based Assessment & Treatment of PTSD in Adults
https://brownschool.wustl.edu/Resources-and-Initiatives/Post-Masters-certificate/Pages/Evidence-Based-Assessment-and-Treatment-of-PTSD-in-Adults.aspx