Health and Mental Health Resources

- Positive supports during COVID-19-parenting-you are enough
- How to explain COVID-19 in plain language
- Child Mind Institute:
  - https://signup.e2ma.net/signup/1917784/1800565/
  - https://childmind.org/coping-during-covid-19-resources-for-parents/
- General resources
- Daily Email Tips
- Facebook Live Videos
- General Mental Health Resources:
  - Supporting People with Autism
  - Updated COVID-19 FAQs and Resources April 24, 2020
  - COVID-19 Toolkit for DSPs
  - Care for Your Coronavirus Anxiety - Virus Anxiety
    - Crisis text line - text 741741 to talk with a crisis counselor. Available 24/7
- SAMHSA Resources and Information
  - The Disaster Distress Helpline, 1-800-985-5990. 24/7, 365-day-a-year
  - Text TalkWithUs to 66746 to connect with a trained crisis counselor.
- American Psychological Association (APA) Covid-19 resource page
- National Alliance on Mental Illness (NAMI)
- Mental Health America
- National Advocacy Campaign
- PsychHub - COVID-19 Mental Health Resource Hub
- Center for Disease Control (CDC) - Covid-19 Coping with Stress
- National Council for Behavioral Health - Resources and tools for addressing Covid-19
- National Association of Councils on Developmental Disabilities - Covid-19 Resources