

Mental Health Resources

National Suicide Prevention Lifeline

- [Emotional Wellbeing During the COVID-19 Outbreak](#)

National Alliance on Mental Illness

- [NAMI.org](#)
- [COVID-19 Information And Resources](#)
- [COVID-19 Resource and Information Guide](#) [PDF]

Offered in thousands of communities across the United States through NAMI State Organizations and NAMI Affiliates, our education programs ensure hundreds of thousands of families, individuals and educators get the support and information they need.

Virus Anxiety

The team at [Shine](#), in partnership with [Mental Health America](#), has vetted and compiled a wealth of research-backed and helpful tools—articles, meditations, access to mental health experts, anxiety screenings, and more. Think of Care for Your Coronavirus Anxiety as your mental health toolkit during this time.

Help Guide's Coronavirus Anxiety: Coping with Stress, Fear, and Uncertainty

HelpGuide is a nonprofit mental health and wellness website. Their mission is to provide empowering, evidence-based information that you can use to help yourself and your loved ones.

American Foundation for Suicide Prevention

- [AFSP.org](#)
- [Taking Care of Your Mental Health in the Face of Uncertainty](#)
- [Find Your Local Chapter](#)

Substance Abuse and Mental Health Services Administration

- [SAMHSA.gov](#)
- [Warning Signs and Risk Factors for Emotional Distress](#)
- [Suicide Prevention](#)
- [Managing Stress During a Crisis: A Guide for Supervisors](#) [PDF]

Centers for Disease Control and Prevention (CDC)

- [COVID-19 Stress and Coping](#)
- [Taking Care of Your Emotional Health](#)
- [Response Resources for Leaders](#)