

# MENTAL HEALTH + COVID-19

## PARTNERS' RESOURCES

These unprecedented times call for solidarity and unification.

Now, more than ever, The Mental Health Coalition believes we must increase the conversation around mental health. We must act to end silence, reduce stigma, and engage our community to inspire hope at this essential moment.

Our members are working diligently to provide mental health resources to those under duress during this pandemic. Please see the list below for how to support your mental health, or the mental health of a loved one, during this time.

### Active Minds

Active Minds is the nation's leading non-profit organization supporting mental health awareness and education for young adults.

**Click here** for information on mental health for young adults, parents and communities around COVID-19.

### American Foundation for Suicide Prevention

The American Foundation for Suicide Prevention is dedicated to saving lives and bringing hope to those affected by suicide.

**Click here** to view the AFSP digital toolkit around COVID-19, including resources on supporting your own mental health and that of others.

### Anxiety and Depression Association of America

The Anxiety and Depression Association of America focuses on improving quality of life for those with anxiety, depression, OCD, PTSD, and co-occurring disorders through education, practice, and research.

**Click here** to view resources on managing anxiety during COVID-19.

**Click here** to view a free webinar that helps mental health professionals work with first responders.

## Brain & Behavior Research Foundation

The Brain & Behavior Research Foundation is a non-profit organization committed to alleviating the suffering caused by mental illness by awarding grants that will lead to advances and breakthroughs in scientific research.

**Click here** to read the advice here on how to stay mentally healthy during this challenging time from President & CEO of the Brain & Behavior Research Foundation, Dr. Jeffrey Borenstein.

## Bring Change to Mind

Bring Change to Mind was established to end the stigma and discrimination around mental illness.

**Click here** to view resources around mental health and COVID-19.

**Click here** to view tips from teens for remaining healthy, positive, and engaged in mental wellness during quarantine.

## Child Mind Institute

Child Mind Institute is an independent non-profit dedicated to transforming the lives of children struggling with mental health and learning disorders.

**Click here** to view resources on supporting families during COVID-19.

## Crisis Text Line

Crisis Text Line is a non-profit organization providing free confidential crisis intervention via SMS message. Text **HOME** to **741741** to connect with a Crisis Counselor 24/7 for free.

**Click here** for information on how to handle COVID-19 from Crisis Text Line

## Didi Hirsch Mental Health Services

With more than 75 years of experience, Didi Hirsch Mental Health Services transforms lives by providing quality mental health, substance use and suicide prevention services in communities where stigma or poverty limit access.

**Click here** for suggestions for staying calm and healthy during the current crisis.

Call the National Distress Hotline at 800-985-5990 if you are affected by natural or manmade disasters and need support or resources (available 24/7).

## Depression and Bipolar Support Alliance

The Depression and Bipolar Support Alliance (DBSA) provides help, hope, education and support for millions of people and families living with mood disorders.

**Click here** for DBSA's online portal filled with wellness tools, tips, podcasts and stories to help during the pandemic.

## Fountain House

Fountain House supports people living with mental illness to overcome social isolation and help build the community and resilience needed to thrive.

**Click here** to view info on Fountain House's response to COVID-19.

## Headstrong

Headstrong, founded in 2012, heals the hidden wounds of war by providing cost-free, bureaucracy-free, stigma-free, confidential, and effective mental health treatment for post-9/11 veterans and their families.

**Click here** to view resources for staying healthy during COVID-19.

## The Jed Foundation

The Jed Foundation is a non-profit organization that protects emotional health and prevents suicide for our nation's teens and young adults.

**Click here** to view resources for managing mental health during COVID-19.

**Click here** to view their 'Love is Louder' website with information on how to stay in and stay safe, while staying calm, kind, active and connected during COVID-19.

## The Steve Fund

The Steve Fund's mission is to promote mental health and emotional well-being of young people of color as they transition into higher education, throughout their higher degree experience, and as they transition to the workforce.

**Click here** to view Community Conversations, a series of webinars focused on COVID-19.

## The UCLA Depression Grand Challenge (DGC)

The DGC aims to reduce the burden of depression on health and well-being in half by 2050 through breakthroughs in genetics, brain science, treatment, and destigmatizing the world's greatest unmet medical need. At its core, the DGC is driven by UCLA's conviction that new approaches are needed to prevent, diagnose, and treat depression.

To view the DGC COVID-19 Care Package, **click here**.

## Dr. Jeffrey Lieberman

Dr. Jeffrey Lieberman is the Chair of Psychiatry at Columbia University College of Physicians and Surgeons and past president of the American Psychiatric Association.

Dr. Lieberman speaks with renowned experts who have expertise in relevant disciplines that pertain to this COVID-19 pandemic in this 3 part podcast series: **Part 1**, **Part 2**, **Part 3**.

## Mental Health America

Mental Health America is the nation's leading community-based nonprofit dedicated to addressing the needs of those living with mental illness and promoting the overall mental health of all Americans.

**Click here** to view information on mental health and COVID-19.

Mental Health America partnered with Shine on a site and toolkit on how to manage your COVID-19 anxiety. **Click here** for more information.

## National Alliance on Mental Illness

The National Alliance on Mental Illness is the largest grassroots mental health org in the U.S., providing advocacy, education support and public awareness so all individuals and families affected by mental health conditions can build better lives.

**Click here** to view NAMI's COVID-19 resource and information guide, a central document that consolidates information and resources to meet an array of needs for people living with mental health conditions.

If you or someone you know needs support, contact the NAMI HelpLine for information, referral and support at [info@nami.org](mailto:info@nami.org) or 800-950-NAMI(6264)

## National Council for Behavioral Health

The National Council for Behavioral Health is the unifying voice of America's health care organizations that deliver mental health and addictions treatment and services.

**Click here** to view resources and tools for addressing COVID-19.

## Suicide Awareness Voices of Education (SAVE)

SAVE's mission is to prevent suicide through public awareness and education, reduce stigma and be a resource for those touched by suicide. SAVE was one of the nation's first organizations dedicated to the prevention of suicide.

**Click here** for SAVE's COVID-19 related resources, tips, media recommendations and more.

## The Trevor Project

The Trevor Project is the world's largest suicide prevention and crisis intervention organization for LGBTQ young people.

**Click here** to access the Trevor Project's crisis services.

## Vibrant Emotional Health

For 50 years, Vibrant Emotional Health has been at the forefront of promoting emotional wellbeing for all people

**Click here** for information on supporting your mental health during COVID-19

If you or someone you know needs support call the National Suicide Prevention Line at 1-800-273- 8255/ Español: Call 1-888-628-9454

## Well Being Trust

Well Being Trust is an impact

philanthropy dedicated to advancing the mental, social and spiritual health of the nation. Our focus is integrated whole person care, advocating for affordable access to mental health services, and creating the vital community conditions for intergenerational well-being.

**Click here** and **here** for more information.

# THE MENTAL HEALTH COALITION

[www.thementalhealthcoalition.org](http://www.thementalhealthcoalition.org)