

Some Online Resources

Article by the APA (American Psychological Association) on grief and COVID-19: <https://www.apa.org/news/apa/2020/04/grief-covid-19>

Lifeline's Toolkit for coping with sorrow, loss, and grief: <https://www.lifeline.org.au/static/uploads/files/coping-with-sorrow-loss-and-grief-wfcexsgmkxay.pdf>

CDC's recommendations for coping with stress during an outbreak: https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fprepare%2Fmanaging-stress-anxiety.html

Helping children cope with COVID-19: <https://healthcaretoolbox.org/tools-and-resources/14-health-care-toolbox/tools-and-resources/602-covid19-children-and-families.html>

*I will continue to add to this list as I come across more resources

Need to Talk to someone NOW?

Online Support Groups:

- NAMI online support groups: https://www.supportgroupscentral.com/groups_detail.cfm?cid=37
 - You want the "NAMI Connection Recovery" one
 - The group will contain a mixture of people with different psychological disorders
- The Tribe online support groups: <https://support.therapytribe.com/>
 - They have different "tribes" (e.g., depression, addiction) so you can talk with others that are struggling with the same issues that you are
- Support Groups Central: <https://www.supportgroupscentral.com/>
 - They have lots of areas to choose from, like women's health, chronic illnesses, psychological disorders, etc.
- Emotions Anonymous: <https://emotionsanonymous.org/>
 - They have chat room meetings and phone meetings too
- 7 cups: <https://www.7cups.com/>
 - They have chat rooms that are devoted to different topics

Want to talk to someone on the phone?

- Consider calling the NAMI "warmline" (it's for people not in crisis). The number is (817) 546-7826 and the line is open M - F 1pm - 5pm.

Are you in crisis?

Finally, if you think you are in crisis, please call:

- Emergence Health Network Crisis Line at 915-779-1800
- National Suicide Prevention Lifeline: 1-800-273-8255