

# CORONAVIRUS DISEASE (COVID-19) RESOURCES



As the number of cases of COVID-19 increase, so does the associated anxiety. The mental health effects of COVID-19 are as important to address as are the physical health effects. For the 1 in 5 who already have mental health conditions – or the 1 in 2 who are at risk of developing them; HMC HealthWorks encourages you to check out the following resources and information.

## MENTAL HEALTH INFORMATION FOR DISEASE OUTBREAKS

**Provides information and wellness tips for individuals living with mental health conditions during the COVID-19 outbreak.** <https://mhanational.org/living-mental-illness-during-covid-19-outbreak-preparing-your-wellness>

**COVID-19 can make it difficult to know what to do to make sure you have access to needed medications. Here are tips and pieces of information to help you prepare and care for yourself or your loved ones.** <https://mhanational.org/medication-access-during-covid-19>

**Information and recommendations for healthcare personnel, families, leaders, and businesses to address the psychological and behavioral health impacts of the novel Coronavirus (COVID-19) pandemic.** <https://www.cstsonline.org/resources/resource-master-list/coronavirus-and-emerging-infectious-disease-outbreaks-response>

**Anxiety and Depression Association of America provides COVID-19 resources, including videos, tips, and blogs on managing anxiety and coping.** <https://adaa.org/finding-help/coronavirus-anxiety-helpful-resources>

**National Institute on Drug Abuse provides guidance on special considerations for the health and basic needs of individuals with Substance Use Disorders during Coronavirus.** <https://www.drugabuse.gov/about-nida/noras-blog/2020/04/covid-19-potential-implications-individuals-substance-use-disorders>

**The Partnership for Drug-free Kids provides guidance for using pharmacotherapy, also known as medication-assisted treatment, to treat their opioid use disorder who might be wondering how COVID-19 will impact their ability to get these critical medications.** <https://drugfree.org/parent-blog/covid-19-help-in-accessing-critical-medications-for-your-loved-one/>

**Guidance from the UN on promoting mental health for caretakers, health care workers, leaders, people with children, older adults, and pregnant, breastfeeding women.** <https://news.un.org/en/story/2020/03/1059542>

**A guide on companies and organizations that offer online support for individuals, including those with eating disorders and alcohol or substance use concerns.** <https://docs.google.com/spreadsheets/d/1wM8N-JfHOSIDrXQ3NCKKvjhIFeWlSk7XEIHfI-wa2zg/edit#gid=0>

**The National Eating Disorders Association (NEDA) info on free and low cost support options to connect with others and provide tools to promote recovery.** <https://www.nationaleatingdisorders.org/free-low-cost-support>

**The National Alliance on Mental Illness (NAMI) guide for individuals that have specific questions about their mental health situations.** <https://www.nami.org/getattachment/Press-Media/Press-Releases/2020/COVID-19-and-Mental-Illness-NAMI-Releases-Importan/COVID-19-Updated-Guide-1.pdf?lang=en-US>

**The Southeast ADA Center compiled resources specific for individuals with disabilities.** <http://adasoutheast.org/coronavirus/public-links.php#disability>

**International OCD Foundation provides information about COVID-19 for individuals with OCD and related disorders.** <https://iocdf.org/covid19/>

**WHO Mental Health Department info for mental and psychological well-being during COVID-19 outbreak.** [https://www.who.int/docs/default-source/coronaviruse/mental-health-considerations.pdf?sfvrsn=6d3578af\\_2](https://www.who.int/docs/default-source/coronaviruse/mental-health-considerations.pdf?sfvrsn=6d3578af_2)