



Student Support Services Department,  
Student Wellness and Positive School Climate Unit

## Mental Health and COVID-19 Information and Resources

According to Mental Health America, the mental health effects of COVID-19 are as important to address as are the physical health effects. This is especially true for the one in five who already have mental health conditions – or the one in two who are at risk of developing them.

Here are resources and information to support individuals and communities during this time:

### **MENTAL HEALTH INFORMATION FOR DISEASE OUTBREAKS**

#### [Living With Mental Illness During COVID-19 Outbreak– Preparing For Your Wellness](#)

- This webpage provides information and wellness tips for individuals living with mental health conditions during the COVID-19 outbreak.

#### [Managing Stress and Anxiety related to COVID-19](#)

#### [CDC Taking Care of Your Emotional Health](#)

#### [Tips For Social Distancing, Quarantine, And Isolation During An Infectious Disease Outbreak](#)

#### [Coronavirus and Emerging Infectious Disease Outbreak Response](#)

- These fact sheets provide 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.

#### [Frequently Asked Questions on Mental Health, Mental Illness, and COVID-19](#)

- The National Alliance on Mental Illness (NAMI) created a document to help guide individuals that have specific questions about their mental health situations.

### **TOOLS AND INFORMATION ON ANXIETY**

#### [Care for your Coronavirus Anxiety](#)

#### [Staying Grounded](#)

#### [Meditations and Calming Exercises](#)

## [Headspace](#)

- To help support you through this time of crisis, Headspace is offering **Weathering the Storm**, which includes meditations, sleep, and movement exercises.

## TOOLS TO CONNECT WITH OTHERS

### [Social Support: Getting And Staying Connected](#)

#### *Warm Lines*

#### **Project Return Peer Support Network** ([www.prpsn.org](http://www.prpsn.org))

Now accepting calls nationwide. Warm line hours 7 days a week 5pm-10pm PST

(888) 448-9777 English

(888) 448-4055 Spanish

#### **The OC Warm Line** - NAMI Orange County

(714) 991-6412

Hours: 9am to 3am Monday-Friday; 10am to 3am Saturday and Sunday

Languages: English, Spanish, Vietnamese and Farsi

Interpreter Services available

#### **Peer Warm Line Connection**

(707) 565-4466

Hours: Friday - Sunday evenings, 5:30pm-9:30pm

#### **The California Peer-Run Warm Line**

Toll free (855) 845-7415

Web Chat: <https://www.mentalhealthsf.org/peer-run-warmline/>

Free non-emergency emotional support is available to anyone in the state via telephone or instant messaging operating 24/7.

#### **San Diego Warm Line** for San Diego Residents

(619) 295-1055

Open 3:30 PM to 11:00 PM 7 days a week

## RESOURCES FOR IMMEDIATE RESPONSE

### **Immediate life-threatening danger Call 911**

#### [SAMHSAs Disaster Distress Helpline](#)

Call 800-985-5990 or text TalkWithUs to 66746

(TTY 1-800-846-8517)

The Disaster Distress Helpline (DDH) provides crisis counseling and support for anyone in the U.S. experiencing distress or other behavioral health concerns related to any natural or human-caused disaster, including public health emergencies.

### [Crisis Text Line](#)

Text MHA to 741741 and you'll be connected to a trained Crisis Counselor. Crisis Text Line provides free, text-based support 24/7.

### [San Diego Access & Crisis Line](#)

(888) 724-7240

TDD/TTY Dial 711

7 days a week/24 hrs a day

[Live chat](#) available Monday-Friday 4:00 – 10:00 p.m.

## **RESOURCES FOR PARENTS**

[Talking to Kids about COVID-19](#)

[Cómo hablar con los niños sobre el coronavirus](#)

[Talking to Children About COVID-19 \(Coronavirus\): A Parent Resource](#)

[Countering COVID stigma](#)

[Supporting Kids During the COVID-19 Crisis](#)

[How to Avoid Passing Anxiety on to Your Kids](#)

[Talking to Kids about Fear and Violence](#)

[Resources for Families During the Coronavirus Pandemic](#)

[List of Live Webcams, Virtual Tours, and Virtual Field Trips](#)

[Scholastic Learn at Home Free Resources](#)

[Smithsonian Distance Learning Resources](#)

[Virtual Field Trips from Discovery Education](#)

[Educational PBS daytime programming](#)

- Students Pre-K through 12th grade can access free educational programming designated for each grade level

## RESOURCES FOR EDUCATORS

### [Resources for Educators During the Coronavirus Pandemic](#)

- Help you deal with everything from a virtual classroom to student anxiety. You'll find:
- Tools and advice for virtual learning
- Resources for digital citizenship and well-being
- Parent support for learning at home

### [Headspace](#)

- Headspace is offering a section just for Educators, for their own self-care: [Weathering the Storm Together](#)
- They are offering free access to all K-12 teachers, school administrators, and supporting staff in the US, UK, Canada, and Australia

## GENERAL INFORMATION ABOUT COVID-19

### [Coronavirus \(COVID-19\) Information Hub from the CDC](#)

### [Fact Sheets on COVID-19 in Spanish and Other Languages](#)

### [Preguntas y respuestas sobre la enfermedad por coronavirus \(COVID-19\)](#)

### [American Psychological Association \(APA\) Resources on Pandemics](#)