

Mental Wellness Support Resources

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Over the past few weeks, we have all felt the impact of the COVID-19 pandemic on our daily lives. Many of us are navigating loneliness, worry, fear and uncertainty as we establish new routines and new ways of coping.

Below is a list of resources to support your mental wellbeing and help build resilience during this ever-changing time.

Virtual Counseling Resources

- Talk Space (donating free services to healthcare workers):
<https://www.talkspace.com/blog/coronavirus-talkspace-donation-healthcare-workers/>
 - Matches you to a licensed therapist, available five days a week for text, video and audio messaging. Talkspace is also available as an app.
- 7 Cups: <https://www.7cups.com/>
 - An app and online resource that lets you chat with a trained listener for emotional support and counseling. It also offers online therapy with a licensed mental health professional. Services are also offered in Spanish.

Managing Anxiety and Stress

- How to Cope When Things Feel Out of Control:
<https://www.courtneyclark.com/category/coping/covid-19-resources/>
- Managing Healthcare Workers' Stress Associated with the COVID-19 Virus Outbreak:
<https://www.ptsd.va.gov/covid/COVID19ManagingStressHCW032020.pdf>
- 10 Ways to Manage Anxiety in the Time of Coronavirus:
<https://www.metrocareservices.org/metrocare/files/4e/4ef03280-8553-4d3d-a232-b07530e65223.pdf>
- 5 Emotional Precautions to Take During The Coronavirus Pandemic:
https://blogs.psychcentral.com/childhood-neglect/2020/03/5-emotional-precautions-to-take-during-the-coronavirus-pandemic/?li_source=LI&li_medium=popular17

Resources if you are in a Crisis

- National Suicide Prevention Lifeline: 1-800-273-TALK (8255)
- National Hopeline Network: 1-800-SUICIDE (800-784-2433)

- Crisis Text Line: Text "DESERVE" TO 741-741
- Lifeline Crisis Chat (Online live messaging):
<https://suicidepreventionlifeline.org/chat/>

Relationships

- Remaining Emotionally Connected While Practicing Social Distancing:
<https://www.talkspace.com/blog/coronavirus-emotional-connection/>
- 5 Tips for Maintaining Community:
<https://www.talkspace.com/blog/coronavirus-maintaining-community-quarantine/>
- 6 Tips for Your Relationship - <https://www.talkspace.com/blog/coronavirus-relationship-quarantine-advice/>

Parenting Resources

- Helping Children Cope with Emergencies:
<https://www.cdc.gov/childrenindisasters/helping-children-cope.html>
- 18 tips on Working From Home with Children:
<https://www.forbes.com/sites/biancamillercole/2020/03/20/18-tips-on-how-to-cope-with-children-on-quarantine/#7e773f73e6e8>
- 6 Mental Health Tips for Parents During the Coronavirus Outbreak:
<https://www.talkspace.com/blog/coronavirus-parenting-talking-to-children/>

TED Talks

- Managing Stress:
https://www.ted.com/playlists/315/talks_to_help_you_manage_stres
 - Sometimes life can feel like a bit of a mess, but these talks are here to help you de-stress.
- Practicing Patience:
https://www.ted.com/playlists/353/talks_to_help_practice_patience
 - These talks can help you fine tune your composure in the face of frustration.
- Finding Purpose:
https://www.ted.com/playlists/313/talks_to_help_you_find_your_purpose
 - Not sure what to do with your one precious life? These talks help you find the path that only you can take.
- 10 Days of Positive Thinking:
https://www.ted.com/playlists/673/10_days_of_positive_thinking

- A fun, uplifting challenge: For the next 10 days, watch one TED talk from this list to shift yourself into a life of positive thinking.
- How to Notice and Build Joy Into Your Life: [https://www.ted.com/playlists/656/how to notice and build joy into your life](https://www.ted.com/playlists/656/how_to_notice_and_build_joy_into_your_life)
 - A simple ode to joy and the light it brings
- How to be a Better You: [https://www.ted.com/playlists/8/a better you](https://www.ted.com/playlists/8/a_better_you)
 - Ready for a change? These well-researched (and heartfelt) talks offer ideas and inspiration for all aspects of your life, from creativity to vulnerability, from competitive sports to collaborative games.

Self-Love and Motivation

- Brené Brown – <https://brenebrown.com/>
 - Brené has spent the past two decades studying courage, vulnerability, shame, and empathy and is the author of five #1 New York Times bestsellers: *The Gifts of Imperfection*, *Daring Greatly*, *Rising Strong*, *Braving the Wilderness*, and her latest book, *Dare to Lead*, which is the culmination of a seven-year study on courage and leadership.
 - Brené hosts the Unlocking Us podcast, and her TED talk – The Power of Vulnerability – is one of the top five most viewed TED talks in the world with over 45 million views. She is also the first researcher to have a filmed lecture on Netflix. The Call to Courage special debuted on the streaming service on April 19, 2019.
- Mark Manson - <https://markmanson.net/>
 - Mark Manson is the #1 New York Times Bestselling author. Mark's books have been translated into more than 50 languages and have sold over 12 million copies worldwide. Mark runs one of the largest personal growth websites in the world, MarkManson.net, a blog with more than two million monthly readers and half a million subscribers, making him one of the largest and most successful independent publishers in the world. His writing is often described as 'self-help for people who hate self-help' – a no-BS brand of life advice and cultural commentary that has struck a chord with people around the globe.
- Cleo Wade - <https://www.cleowade.com/cleo>
 - Cleo Wade is a friend, community builder, and author of the best-selling book, *Heart Talk: Poetic Wisdom for a Better Life* and *Where To Begin: A Small Book About Your Power To Create Big Change In Our Crazy World*.
- Oprah - <http://www.oprah.com/app/empowerment-and-purpose.html>