



COVID-19 - MENTAL HEALTH RESOURCES

- **THE CITY OF NEW YORK:**
 - [City of New York – Mental Health Support While at Home Guide](#)
 - [COVID-19: Coping and Emotional Well-being](#)

- **SUBSTANCE ABUSE MENTAL HEALTH SERVICES ADMINISTRATION (SAMHSA):**
 - [COVID-19 Homepage](#)
 - [Disaster Distress Hotline](#)
 - [Training and Technical Assistance](#)
 - [FAQs: Provision of Methadone and Buprenorphine for the Treatment of Opioid Use Disorder in the COVID-19 Emergency](#): In response to the Coronavirus Disease (COVID-19) pandemic, SAMHSA is providing answers to Frequently Asked Questions regarding the provision of methadone and buprenorphine for the treatment of Opioid Use Disorder for new and existing patients.
 - [COVID-19 Guidance for Opioid Treatment Programs](#): SAMHSA is offering guidance on pharmacotherapy for opioid use disorder availability in circumstances in which patients may be exposed to highly contagious infectious agents (such as COVID-19).
 - [Use of Telemedicine While Providing Medication Assisted Treatment \(MAT\)](#): Under the Ryan Haight Act of 2008, where controlled substances are prescribed by means of the Internet, the general requirement is that the prescribing Practitioner must have conducted at least one in-person medical evaluation of the patient. U.S.C. 829(e). However, the Act provides an exception to this requirement. 21 U.S.C. 829 (e)(3)(A).
 - [TAP 34: Disaster Planning Handbook for Behavioral Health Treatment Programs](#): This handbook offers guidance in creating a disaster preparedness and recovery plan for programs that provide treatment for mental illness and substance use disorders. It describes the planning process, preparing for a disaster, roles and responsibilities, training, and testing.
 - [COVID-19 Public Health Emergency Response and 42 CFR Part 2 Guidance](#): In response to the Novel Coronavirus Disease (COVID-19) pandemic, SAMHSA is providing COVID-19 Public Health Emergency Response and 42 CFR Part 2 guidance to ensure that substance use disorder treatment services are uninterrupted during this public health emergency.
 - [TIP 42: Substance Abuse Treatment for Persons with Co-Occurring Disorders](#): This updated (March 2020) TIP is intended to provide addiction counselors and other providers, supervisors, and administrators with the latest science in the screening, assessment, diagnosis, and management of co-occurring disorders.
 - [Tips for Social Distancing, Quarantine, and Isolation during an Infectious Disease Outbreak](#): In the event of an infectious disease outbreak, local officials may require the public to take measures to limit and control the spread of the disease. This tip sheet provides information about social distancing, quarantine, and isolation.

- **The National Institute of Mental Health (NIMH):**
 - [Covid-19 Sharable Resources](#)
- **CENTERS FOR MEDICARE AND MEDICAID SERVICES (CMS):**
 - [Medicare Telemedicine Health Care Provider Fact Sheet](#)
- **UNITED NATIONS:**
 - [COVID-19 and Mental Health Impacts](#)
- **WORLD HEALTH ORGANIZATION (WHO):**
 - [Mental Health and Psychological Considerations During COVID-19](#)
 - [Helping Children Cope with Stress](#)
- **CENTERS FOR DISEASE CONTROL (CDC):**
 - [COVID-19 Manage Stress and Anxiety](#)

COVID-19 ORGANIZATIONAL RESOURCES – MENTAL HEALTH:

- [Mental Health America](#) - Mental Health And COVID-19: Information And Resources
- [National Alliance on Mental Illness](#) - Updates On The Coronavirus
- [National Council on Behavioral Health](#) - Resources and Tools for Addressing Coronavirus (COVID-19)
- [American Psychiatric Association](#) – Center for Workplace Mental Health Covid-19 Response
- [CitiesRise – Local Mental Health Resources](#)
- [American Foundation for Suicide Prevention](#) – Mental Health and Covid-19
- [Well Being Trust](#) – Covid-19 Mental Health Resources
- [PsychHub](#) - COVID-19 Mental Health Resource Hub

COVID-19 ORGANIZATIONAL RESOURCES – GENERAL:

- [National League of Cities COVID-19 Response](#)
- [National League of Cities – CARES Act City Impacts](#)
- [United States Conference of Mayors COVID-19 Response](#)
- [National Association of Counties COVID-19 Response](#)
- [Trust for America’s Health – Resource Portal](#)
- [United States of Care – Covid-19 Response](#)
- [The New Deal – Coronavirus Policy Resources Database](#)
- [Local Housing Solutions - COVID-19](#)
- [Cities for Health – Covid-19 Resources](#)

COVID-19 SUPPLIES RESOURCES:

- [National PPE Coalition](#)
- [Project N-95](#)

COVID-19 DATA TRACKING DASHBOARDS:

- **Johns Hopkins:** [Johns Hopkins Interactive Tracking Dashboard](#)
- **Johns Hopkins:** [Interactive County by County Tracking Dashboard](#)
- **Splunk:** [Splunk Dashboard for Coronavirus Tracking](#)

- **Tableau:** [COVID-19 dashboard, data resources and public health response information \(Tableau\)](#)
- **Elucd:** [National Public Perception Dashboard on COVID-19](#)
- **SAS:** [2019 Novel Coronavirus Dashboards \(SAS\)](#)

COVID-19 RELATED FEDERAL GRANTS:

Bureau of Justice Assistance: FY 2020 Coronavirus Emergency Supplemental Funding Program

- **Eligibility:** States, U.S. Territories, the District of Columbia, units of local government, and federally recognized tribal governments that were identified as eligible for funding under the Fiscal Year (FY) 2019 State and Local Edward Byrne Memorial Justice Assistance Grant (JAG) Program are eligible to apply under the Coronavirus Emergency Supplemental Funding (CESF) Program solicitation
- **Purpose:** The Coronavirus Emergency Supplemental Funding (CESF) Program will provide funding to assist eligible states, local units of government, and tribes in preventing, preparing for, and responding to the coronavirus. Allowable projects and purchases include, but are not limited to, overtime, equipment (including law enforcement and medical personal protective equipment), hiring, supplies (such as gloves, masks, sanitizer), training, travel expenses, and addressing the medical needs of inmates in state, local, and tribal prisons, jails, and detention centers.

Hospital Associations COVID-19 Preparedness and Response Activities

- **Eligibility:** Eligible entities include 53 hospital associations in all states, the District of Columbia, New York City, and Puerto Rico.
- **Purpose:** The purpose of this NOFO is to support the urgent preparedness and response needs of hospitals, health systems, and physicians and nurses on the front lines of the COVID-19 outbreak in order to help prepare them to identify, isolate, assess, transport, and treat patients with or persons under investigation for COVID-19 or other special pathogens. This NOFO will provide targeted awards to 53 hospital associations in all states, the District of Columbia, New York City, and Puerto Rico. Funding will be distributed to hospital associations using a formula specific to COVID-19, which takes into account criteria such as at-risk populations and other vulnerabilities associated with this pandemic (e.g., population density; size of populations with increased risk for mortality from COVID-19, such as older adults and individuals with comorbid health conditions; and health care capacity). Hospital associations will then distribute funds to hospitals and related health care entities within their state or jurisdiction, which may be used to train staff to implement pandemic preparedness plans to respond to COVID-19; procure supplies and equipment (with attention to supply chain shortages); rapidly ramp up infection control and triage training for health care professionals, especially considering growing supply chain shortages; retrofit separate areas to screen and treat large numbers of persons with suspected COVID-19 infections; implement expanded telemedicine and telehealth capabilities, and; increase the numbers of patient care beds to provide surge capacity using temporary structures, such as temporary hospitals that are deployed in a pandemic.

National Endowment for the Arts- NEA Coronavirus Aid, Relief, and Economic Security (CARES) Act, FY2020

- **Eligibility:** County governments, State governments, Nonprofits having a 501(c)(3) status with the IRS, other than institutions of higher education, Special district governments, Independent school districts, Private institutions of higher education, City or township governments, Native American tribal governments (Federally recognized), Public and State controlled institutions of higher education

- **Purpose:** The Coronavirus Aid, Relief, and Economic Security (CARES) Act recognizes that the nonprofit arts industry is an important sector of America's economy. The National Endowment for the Arts will award funds to nonprofit arts organizations across the country to help these entities and their employees endure the economic hardships caused by the forced closure of their operations due to the spread of COVID-19. As part of this important investment, the Arts Endowment has designed a plan to expedite the distribution of critical funds to the national, regional, state, and local levels to help retain as many jobs as possible, as quickly as possible. These funds are intended to help save jobs in the arts sector and keep the doors open to the thousands of organizations that add value to America's economy and the creative life of our communities. This program will be carried out through one-time grants to eligible nonprofit organizations including arts organizations, local arts agencies, statewide assemblies of local arts agencies, arts service organizations, units of state or local government, federally recognized tribal communities or tribes, and a wide range of other organizations that can help advance the goals of the Arts Endowment and this program. Grants will be made either to organizations for their own operations, or to designated local arts agencies, eligible to sub grant, for sub granting programs to eligible nonprofit organizations (see "Sub granting Funds").

CITY, COUNTY, AND STATE NEWS

ATHENS, GA: Athens-Clarke County Mayor Kelly Girtz gave a brief [video update](#) on the County's response to COVID-19 and highlighted mental health considerations & shelter-in-place orders.

CHICAGO, IL: City Of Chicago and partners provide free resources to health care workers and first responders amidst the COVID-19 pandemic: The City of Chicago along with health, hotel and other partners, announced today they have created a microsite to offer a variety of free resources and supports for healthcare workers and first responders during the COVID-19 pandemic. These resources and supports are offered directly by the City of Chicago, or through partner organizations and agencies, in an effort to assist healthcare workers, first responders, and their families during this crisis. The resources and supports offered through the microsite are part of a partnership between the Chicago Department of Public Health (CDPH), Illinois Hospital Association (IHA), Illinois Primary Health Care Association (IPHCA), and NAMI-Chicago to provide comprehensive supports and resources to healthcare workers and first responders during the COVID-19 pandemic. Key supports and resources available to healthcare workers and first responders through the microsite include: Free virtual support groups provided by NAMI-Chicago, Free individual and group psychotherapy provided by CDPH, A mental health resource dashboard featuring free apps, self-assessments, hotline supports, video tutorials, and fact sheets hosted by CDPH, Hotel-based housing provided by the City of Chicago for healthcare workers and first responders wishing to temporarily live separately from family due to concerns about exposure to COVID-19, Free access to childcare provided through a partnership with Sittercity or provided by Illinois Department of Human Services (IDHS) Child Care Assistance Program, Free and discounted transportation options from PACE, Metra, Divvy, and CTA

NOBLESVILLE, IN: Noblesville Mayor Chris Jensen hosted a mental health Facebook Live: held a [Facebook Live](#) with a licensed therapist in his city to discuss tips on how families and individuals can care for their mental health.

SAN JOSE, CA: Mayor Sam Liccardo hosted a mental health Facebook Live: Mayor Sam Liccardo hosted a [Facebook Live](#) session on mental health during the coronavirus crisis.

ST. LOUIS, MO: Highlighting Mental Health Support Available for St. Louis Residents: The Saint Louis Mental Health Board (MHB) is partnering with the City of St. Louis Department of Health to increase access to mental

health services for youth and adults. Using the existing COVID-19 response system, St. Louisans can call 2-1-1 and press 1 to be connected to mental health services. “As this COVID-19 crisis continues to unfold, many in our community are feeling anxiety, stress and uncertainty,” said Michelle Tucker, president and CEO of United Way of Greater St. Louis. United Way 2-1-1’s partnership with Behavioral Health Response gives neighbors throughout the St. Louis region a place to turn, and we encourage those feeling overwhelmed to dial 2-1-1 and press 1 to get connected to help.” Highly skilled clinicians are prepared to answer phone lines 24 hours a day, seven days a week. To help spread the word about this free resource, MHB worked remotely with community members to record 20 second videos encouraging people to call 2-1-1 and press 1. Seven neighbor-to-neighbor videos are available to share with the media to help spread the word about this important resource. This effort is also coordinated with the COVID-19 Prepare STL campaign.

TALLHASSEE, FL: *Mayor John Dailey hosted a discussion on anxiety stemming from Covid-19:* Tallahassee Mayor John Dailey [led a discussion](#) about anxiety and new routines citizens can take to keep up on their mental health

TORONTO, OT: *City announces mental health supports during coronavirus pandemic:* The city is teaming up with several mental health service providers to help provide additional resources for people struggling during the COVID-19 pandemic.

WEST HOLLYWOOD, CA: *West Hollywood setup a city resource page of mental health resources:* You can find those resources [here](#).

COCONINO COUNTY, AZ: *Emergency Operation Center is distributing mental health resources:* Coconino County, Arizona, the Emergency Operation Center (EOC) Liaisons [distributed](#) Mental Health resource listing (including crisis line) to numerous.

DUPAGE COUNTY, IL: *Established a temporary crisis residential program:* DuPage County, Illinois [established](#) an on-site 12 bed crisis residential program that remains open and available to community members who are having a mental health crisis and not in need of an inpatient level of care as well as implementation of a health screening for anyone in need.

LOS ANGELES COUNTY, CA: *Three area school districts are keeping mental-health and wellness services available to students during the coronavirus pandemic:* As local school districts switch classrooms to online settings, mental-health workers also quickly pivoted to adjust student services. Last week, officials with the Los Angeles County Department of Mental Health and Office of Education sent an email to all school superintendents in the county, making student mental health a priority by providing contact information and resources. Although the academic school year ends in about a month, three local school districts continue to provide mental-health and wellness services for their students while they balance home life and education.

- Burbank and Burroughs high school students who run the Student Advisory Mental Health Board have posted YouTube videos and live-streamed on Instagram about various mental-health topics from meditation to online learning tips. The student board chair, Ariana Kretz, said they expect to continue to release videos and social-media posts every day starting next week. They also plan to partner with Teen Line, a Cedars-Sinai Medical Center suicide prevention organization, to bring more online information to Burbank students. The district’s Student Wellness Services Department continues to provide online and phone therapy sessions for students. About 45 interns studying for master’s degrees work under the district’s Intern Academy and connect with students to provide school counseling, social work and therapy services. According to Dr. Ilin Magran, the department’s director, the interns serve about 500 students a year. During the past week, the department collected nearly

100 virtual-session consent forms, and she hopes the number will rise as families grow comfortable with online platforms. The interns created a YouTube video last week introducing a series about social distancing and ways to deal with anxiety over the coronavirus pandemic. They plan to post a new video every Friday on YouTube, Instagram and Facebook. The department is also conducting wellness checks — calling students to find out if they are safe and connecting to the school. The district's website, gusd.net/health, has been updated with a coronavirus-related online booklet about coping skills and free activities, in addition to lists of alternative mental-health providers categorized by insurance and age groups. Magran will also speak during a mental-health information session, hosted by the Toll Middle School PTA, at 5 p.m. on April 22 that will air live on the district's Facebook page, with student wellness department staff, an educational consultant and local therapists as panelists.

PERRY COUNTY, MO: *Perry Co., Mo. launches COVID-19 mental health hotline:* A new hotline has been set up for the residents of Perry County to help with those affected by the coronavirus pandemic. Clinical Therapist Beth Zeilenga-Rowe, who helped put the system in place that helps you get mental health support, said they have had an influx of calls. "So the type of calls that we have been getting, is calls with the concern and worry. Not so much with contracting the virus, but more so with how to deal with the financial repercussions and the financial burdens that are coming on families. And so this mental health support line, we're here," she said. "We are local professionals in this area. We are experiencing the same thing that you are, so we want to be able to bring that professional touch to the people." The phone number is 573-605-3244. The mental health hotline is open to Perry County residents only, but they will not turn down helping others in need.

PIMA COUNTY, AZ: *Pima County and NAMI working together to disseminate resources:* Pima County, Arizona worked with SoAZ NAMI to put their "Ending the Silence" online, and to market it to local schools, public (traditional and charter) and private.

SHELBY COUNTY, TN: *County offering public employees tele-therapy services:* Shelby County is [offering](#) free teletherapy services to all county employees.

ILLINOIS: *Illinois Governor J.B. Pritzker [announced](#) the launch of a new Remote Patient Monitoring Program and mental health support line:* Call4Calm, operated by the Illinois Department of Human Services' Mental Health Division, is a free-of-charge emotional support text line for Illinois residents experiencing stress and mental health issues related to COVID-19.

MICHIGAN: *The Michigan Department of Health and Human Services [launched](#) a warmline:* The line will help Michiganders with persistent mental health issues amid the COVID-19 pandemic. The peer-operated warmline is intended to act as a resource for people experiencing depression, anxiety, or other mental illnesses. The State Emergency Operations Center has released the following statement: Starting today, the Michigan Department of Health and Human Services (MDHHS) is launching a statewide warmline for Michiganders living with persistent mental health conditions. The warmline will connect individuals with certified peer support specialists who have lived experiences of behavioral health issues, trauma or personal crises, and are trained to support and empower the callers. The warmline will operate seven days a week from 10 a.m. to 2 a.m. at 888-PEER-753 (888-733-7753). It is intended to serve individuals living with persistent mental health challenges including anxiety, depression and trauma. Individuals in crisis, including those considering suicide, are urged to contact the Disaster Distress Helpline 24/7 at 800-985-5990 or the National Suicide Prevention Lifeline 24/7 at 800-273-8255. MDHHS is collaborating with Justice In Mental Health Organization (JIMHO) Project DOORS, Michigan's first peerrun organization. JIMHO will moderate the warmline and network with CPSS, statewide peer-run organizations, Community Mental Health Association of Michigan and MDHHS peer services unit. JIMHO has provided critical peer-support and community living skills to persons living with

mental illness for 39 years and has assisted more than 15,000 residents using experienced peer-support specialists during that time.

MINNESOTA: Gov. Tim Walz issues Executive Order to expand mental health options: Minnesota Governor Tim Walz [signed](#) an Executive order expanding mental health counseling options for Minnesotans. Specifically, the Executive Order authorized out-of-state mental health providers to treat Minnesota patients via telehealth services

TENNESSEE: Gov. Bill Lee Addressed Covid-19 Impact on Mental Health: Tennessee Governor Bill Lee [addressed](#) the collateral impact on mental health that COVID-19 takes and highlighted the state's crisis hotline while working with the Tennessee Department of Mental Health and Substance Abuse Services to expand telehealth access.

IN OTHER NEWS

Scientists Sound Alarm on Looming Mental Health Crisis from Covid-19

- In a series of papers, public and mental health specialists are calling attention to how the Covid-19 crisis is likely to impact psychological well-being
- In [one paper](#), scientists outline research showing that diagnoses of depression and anxiety surged after other crises such as the 9/11 attacks and the SARS epidemic of 2002-2003
- In [another paper](#), researchers highlight that the current pandemic could lead to an increased risk of suicide due to economic stress, isolation from distancing measures, and the surge in firearm sales in the U.S.
- In addition, the authors behind a [third paper](#) are calling for the creation of an international consortium to help address the many mental health challenges that are likely to now emerge due to Covid-19
- Both papers call for increased access to mental health treatment via telemedicine, and emphasize the need for physical — rather than social — distancing

John Auerbach (Trust for America's Health) and Ben Miller (Well Being Trust) Examine How COVID-19 Exposes the Cracks in Our Already Fragile Mental Health System

- The editorial discusses how the current state of affairs is having a negative effect on the mental well-being of our country's residents. It also highlights the policy gaps in our current system that inhibit the vital conditions for well-being and resiliency.
- In addition, it touches on how we should also quickly prepare to address the mental toll the pandemic is taking on individuals and communities across the country
- You can access it [here](#)

WEEKEND READING

The Washington Post: How Parents Can Protect Kids Mental Health During Pandemic

TIME: 'We Carry That Burden.' Medical Workers Fighting COVID-19 Are Facing a Mental Health Crisis

TIME: My Uncle Battled Mental Illness Before Coronavirus. Hopefully His Death Reminds Us to Honor the Overlooked

Stat: Coronavirus pandemic sets up potential breakout moment for virtual mental health care

Forbes: How DoSomething.Org And Harry's Are Tackling Mental Health For Young Men

The Wall St. Journal: The Struggle to Cope With Depression Amid Coronavirus

JAMA: The Mental Health Consequences of COVID-19 and Physical Distancing: The Need for Prevention and Early Intervention

****The information in this email was compiled from various news sources including: Politico, Vox, Stat, Kaiser Health News, The Hill, CQ Roll Call, and CityLab****