



## **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](#)
  
- **DEPARTMENT OF HEALTH AND HUMAN SERVICES**
  - [Mental Health and Coping](#)
  
- **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](#)
  - [Therapeutic Options](#)

### ***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
- [National Association of School Psychologists:](#) Helping Children Cope With Changes Resulting From COVID-19
- [National Association of State Mental Health Program Directors](#) - Peer-Led Recommendations for Supporting Individuals Receiving Care in State Psychiatric Facilities during the COVID-19 Crisis

### ***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](#)
- [National Low Income Housing Coalition – Covid-19 and Housing](#)

### ***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:***

### **FY2020 Assistance to Firefighters Grant Program – COVID-19 Supplemental**

- **Due Date:** Friday, May 15<sup>th</sup>
- **Eligibility:** Fire Departments, Nonaffiliated EMS Organizations, and State Fire Training Academies
- **Purpose:** The Fiscal Year (FY) 2020 Assistance to Firefighters Grant Program – COVID-19 Supplemental (AFG-S) is a supplemental funding opportunity under the Assistance to Firefighters Grant Program (AFG). AFG is one of three grant programs that constitute the Department of Homeland Security (DHS) Federal Emergency Management Agency's (FEMA) focus on enhancing the safety of the public and firefighters with respect to fire and fire-related hazards. The AFG-S Program accomplishes this by providing financial assistance directly to eligible fire departments, nonaffiliated emergency medical service (NAEMS) organizations, and State Fire Training Academies (SFTA) for critical Personal Protective Equipment Personal Protective Equipment and supplies needed to prevent, prepare for, and respond to the COVID-19 public health emergency. The AFG-S Program represents part of a comprehensive set of measures authorized by Congress and implemented by DHS. Among the five basic homeland security missions noted in the DHS Quadrennial Homeland Security Review, the AFG-S Program supports the goal to Strengthen National Preparedness and Resilience.

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

- **Due Date:** Friday, May 29<sup>th</sup>
- **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.

## **CITY, COUNTY, AND STATE NEWS**

**NEW YORK CITY, NY: *Mayor de Blasio, First Lady McCray Announce a Collaboration with U.S. Department of Defense to Help Health Care Workers on the Frontlines Cope with Stress:*** New York City announced a collaboration between the U.S. Department of Defense (DoD), NYC Health + Hospitals, and Greater New York Hospital Association (GHNYA) to provide mental health programs to support health care workers and first responders on the front lines of the COVID-19 pandemic. The new program will tailor elements of the US DoD's combat stress management and resilience program for military personnel into needs assessments and a webinar training series to be used in civilian healthcare and first responder settings across the city. Trainings are expected to be available by the end of the month. Behavioral health and staff support leaders at local hospitals will receive formal training from military subject matter experts. Those who receive training will facilitate trainings to mental health specialists, spiritual care and second victim program leads at their respective health care systems. The 'Train the Trainer' education will be available virtually on GHNYA hosted webinars for all participating NYC healthcare systems. To better support health care workers, in-person and virtual training sessions can be customized based on targeted needs assessments. The US Department of Defense-led webinar trainings will begin late next month for health care systems. NYC Health + Hospitals will begin to deploy trainers for facility-based trainings in early June. This work builds upon NYC Health + Hospitals' established "Help Healers Heal" program. The program offers frontline health care workers direct mental health support in the form of a dedicated, 24/7 behavioral health helpline staffed by psychiatrists/psychologists; peer support champions for one-on-one or group support; and 26 wellness areas across 11 hospitals and five skilled nursing facilities for staff to take a break from patient care areas. The program also supports wellness rounds at all facilities to actively engage employees working in areas heavily affected by COVID-19. Wellness rounds focus on identifying and supporting employees showing symptoms of anxiety, depression, fatigue and burnout, and connecting them to services if requested—including one-on-one telephonic, in-person debrief, or anonymous counseling.

**DUBLIN, GA: *Dublin City Schools launches YouTube series to help with mental health:*** Dublin City Schools Director for Mental Health Counseling Tonia Spaulding says that can put a lot of strain on your mental health. She's offering resources to help. "When the water is simmering, call me," Spaulding said. The analogy is what she tells her clients who are facing mental health challenges during COVID-19. "Those who have anxiety -- the anxiety is up even more. There's more depression. The obsessive and compulsive behaviors are really surfacing and trauma. This is a really traumatic event," Spaulding said. Many teachers and students are going through those feelings from the stresses of distance learning. "They can't give the kid the warm hug that they feel, that they do recognize they're frustrated with the digital or frustrated with the work, and a lot of the teachers are feeling helpless in trying to move through this digital world," Spaulding said. The district started their "Be Well with Mrs. Tonia" series on their YouTube channel as a mental health resource. "We'll be talking a lot about regulating your emotions, interpersonal relationships, distress tolerance, how to handle distress, how to deal with crisis," Spaulding said. She says the videos will also help mentally prepare teachers, students, and parents to adjust back to life once COVID-19 ends. "Dublin city is acting now, instead of waiting until COVID is over, because it's going to be a hard road to make the transition," Spaulding said. Spaulding says each video shows a different skill for people use to control their behaviors. They upload a new episode to their YouTube page every Friday.

**FRANKLIN, TN: *Franklin Mayor Ken Moore launches online initiative to assist with mental health, substance abuse:*** Franklin Mayor Ken Moore announced April 28 the launch of Find Hope Franklin, a new initiative to help residents in Franklin and Williamson County who may be struggling with mental health or substance abuse issues. Find Hope Franklin, an online directory of local resources, aims to help match individuals with immediate assistance near them. Moore announced the launch of the program during a Breakfast with the Mayors event hosted by Franklin Tomorrow, citing increased concerns of mental health disorders and

domestic abuse while residents are isolated in their homes due to the ongoing spread of coronavirus in the region. "Many in our community have become increasingly concerned about the rise in suicide attempts, substance use and other issues related to the mental health in our area," Moore in a statement. "We formed a task force in August consisting of experts in their respective fields ranging from counselors to health care to schools to create both short-term and longer-term programs to provide resources for those in need." Find Hope Franklin was formed with the help of local experts and organizations, such as The Refuge Center for Counseling, Nurture House, Williamson Medical Center and more. In addition to local resources, the website also features a link labeled "Find Help Now," which will direct users to 24/7 crisis phone and text lines.

**JACKSON, MS: *Jackson Mayor Chokwe Antar Lumumba announced the launch of the City's first-ever Mental Health 'Warmline':*** The Jackson Mental Health 'Warmline', is designed to help citizens cope with the mental toll of self-isolation during the COVID-19 public health crisis. "We are here to announce that the City of Jackson will be launching a 'Warmline'- a warmline for people to call who are experiencing increased levels of depression, anxiety, and feeling overwhelmed by all of the stress of the circumstances that are taking place. We understand that we are living in a very extraordinary moment where people are not only dealing with financial stress, but they are dealing with the stress of being cooped up in their homes and not being able to have the social outlets that they are normally accustomed to. And so, we believe that it is important that we make available to them services that can help them talk through their anxiety and depression," explained Mayor Lumumba. The warmline, developed through the COVID-19 Mental Health Subcommittee led by Chief of Staff, Dr. Safiya Omari and Director of Human & Cultural Services, Dr. Adrienne Dorsey-Kidd, will be staffed with licensed clinical social workers who will assess the mental health concerns of citizens and connect callers to mental health providers. From 7:00 am – 7:00 pm, Monday through Friday, anyone experiencing symptoms of depression, anxiety, or just needing someone to talk to can call the warmline.

**LOS ANGELES, CA: *Mayor Garcetti speaks with LA's leading therapist Michelle Cauley to discuss mental health during the COVID-19 pandemic:*** Mayor Eric Garcetti provided an update on the COVID-19 pandemic surrounding the Los Angeles region. The L.A. City Mayor was joined by licensed therapist, Michelle Cauley to share news regarding the response to coronavirus. COVID-19 has played a major role in the increase of mental strain. Michelle Cauley joined Mayor Garcetti to discuss mental health. COVID-19 has made a strong impact on everyone's mental state; Cauley explained anticipatory stress, depression, and anxiety that is on the rise. External symptoms such as weight gain/loss, tiredness, or irritability can be signs of a deeper issue. Michelle Cauley mentioned communication can be the starting point to begin working towards healing. Cauley provided information surrounding mental wellbeing. She disclosed ways individuals can recover from anxiety, stress, and depression that coronavirus has caused during this time. Mayor Garcetti acknowledged the fear working families and small businesses are facing during this pandemic, he is coordinating more requests for federal programs and assistance to help all Angelenos. Garcetti discussed the assistance from the federal government.

**MADISON, WI: *Mayor Rhodes-Conway Writes Community Message Regarding Mental Health Care and COVID-19:*** Mayor Rhodes-Conway wrote a message to the Madison community focused on the mental health effects of the Covid-19 pandemic. The Mayor focused on the importance of finding a routine to manage stress, as well as point out key community mental health resources to help maintain mental wellness and limit stress. The Mayor focused on Counseling, Socializing, Traveling, and Support Groups. You can view the message from the Mayor [here](#).

**SAN ANTONIO, TX: *Mayor Nirenberg, the San Antonio Spurs' Lonnie Walker reveal their physical, mental health routines in pandemic:*** San Antonio Mayor Ron Nirenberg hosted his first Instagram live chat with Lonnie Walker, who he called the "most interesting man" in the city, to discuss physical and mental health during periods of isolation brought on by the coronavirus pandemic. Mayor Nirenberg, a former competitive

body builder, and Walker, in his second season with the Spurs, touched base on how they are adjusting to the abrupt physical and mental changes to daily life.

**GENESSEE COUNTY, NY: *Genesee County Hosts Community Outreach Session on Mental Health:*** This session of "Genesee Connects" focused on mental health awareness and services available to people that are in crisis or maybe just need to talk to someone. Lynda Battaglia, director of mental health and community services at the Genesee County Mental Health Department delivered a message that the Mental Health Department is still open and serving people in need in our community.

**LOS ANGELES COUNTY, CA: *LA County and Headspace Partner for Free Meditation Subscriptions for County Residents:*** The Los Angeles County Department of Mental Health (LACDMH) announced today it has teamed up with Headspace, a global leader in mindfulness and meditation, to offer free Headspace Plus subscriptions for Los Angeles County residents as a mental health resource during this unprecedented public health crisis. This partnership is the latest in LACDMH's response to COVID-19 which has included scaled-up resources and coronavirus-specific guidance for individuals during the pandemic. As of Wednesday, county residents can access the resource at [www.headspace.com/lacounty](http://www.headspace.com/lacounty), where residents can sign up for a free Headspace Plus subscription. Through the end of 2020, LA County residents will be able to access hundreds of science-backed guided meditations in English and Spanish, as well as mindful workouts and sleep exercises to help address rising stress and anxiety. The offer is available to Los Angeles residents who don't currently have a Headspace Plus subscription.

**SONOMA COUNTY, CA: *Sonoma County Announces Mental Health 'Warm Line' for People during Pandemic:*** Sonoma County launched a free, mental health "warm line" for residents who are experiencing emotional stress and side effects of the COVID-19 pandemic and shelter-in-place order. Callers can speak to a trained professional counselor who will listen and provide useful guidance to feel better. Local behavioral health professionals will answer calls seven days a week between 10 a.m. and 7 p.m. to provide support, guidance, education and referrals. Service in Spanish and telephone interpretation of other languages also is available. Callers also can request that an outreach call be made to someone who is isolated, lonely, or may not reach out on their own. Callers also can receive information about resources and social services currently available in the county for an array of needs including depression, grief, anger, parenting support, substance abuse shelter needs and more.

**SULLIVAN COUNTY, NH: *Sullivan County Health Care starts pen pal program to combat socially isolating seniors:*** The Sullivan County Health Care Center in Unity started writing to residents at Summercrest Senior Living Community in Newport, creating a bridge in the form of letters. Now, the center is expanding to anyone willing to correspond. So far, the center has received letters from not only Granite Staters, but also Massachusetts and Vermont. "It's just gotten bigger than we expected it to, but it's wonderful," said Rich Vanderweit from Sullivan County Health Care. "The residents really look forward to getting the letters." The letter writing began when senior living facilities began restricting visitors due to the coronavirus pandemic. The letter writing is, in part, a preemptive measure to reduce social isolation, an issue those who work in the mental health field are concerned about. The pen pal program is scheduled to continue after the pandemic is over. You can write anonymously if you wish, or you can include information on how to write back.

**UPSHUR COUNTY, WV: *Upshur County Continuing to Deliver Mental Health Services to Students:*** Upshur County School officials are making sure students receive the mental health services and other resources they need during the COVID-19 pandemic with several programs. Officials say school counselors are in constant communication with our students. Links were sent out to students for different programs along with weekly check-in's. Superintendent Dr. Sara Stankus and Student Service Director Jodie Akers say counselors are forwarding their calls to make sure students can reach them if needed especially during this time where they



say kids can feel a lot of uncertainty. Even the elementary counselors have started a weekly newsletter to help families practice self-care from home while providing activity ideas for families. Stankus and Akers say they have a great collaboration with their mental health clinics within the schools and throughout Upshur County. They want to let students know the staff are here for them and will be available if they need someone to talk to.

**INDIANA: *State launches mental health website:*** Gov. Eric J. Holcomb announced that the Indiana Family and Social Services Administration has launched a new website, BeWellIndiana.org, that will provide Hoosiers with free mental health resources that have been vetted by experts. The site is designed to help with the increase in anxiety, depression and other mental health issues caused by the pandemic, including both first-time issues as well as pre-existing mental health concerns. Initially, BeWellIndiana.org will focus on the various mental health challenges due to COVID-19, but will continue to evolve as a resource beyond the current crisis. Hoosiers can visit BeWellIndiana.org to find trusted resources curated by FSSA's Division of Mental Health and Addiction, including information ranging from coping mechanisms, crisis counseling, how to self-monitor for signs of stress, domestic violence resources, substance use disorder and recovery, and tips for helping children, youth and teens. Videos featuring medical experts, persons in recovery and other practicing Indiana clinicians addressing specific mental health topics are also available on the site. To help individuals and families cope during this time, there are resources and recommendations ranging from homeschooling tips, ways to work from home, information on coping with a job loss, and addressing medical questions and concerns. The site also includes resources for Hoosiers seeking help with insurance, unemployment, child care, food insecurity, and more. Experts agree that one of the best ways to cope throughout this crisis is by staying informed and taking care of yourself and others as safely as possible. For Hoosiers experiencing an increase in anxiety, mood swings, loss of sleep, change in sleep, uncertainty and more, BeWellIndiana.org also provides a link to simple self-assessments, offered by Mental Health America, to help users determine if they could benefit from seeking mental health support.

## **CONGRESS**

### **76 Members of Congress Sent a Letter to Leadership Calling on Congress to Include \$38 Billion For Behavioral Health Organizations (BHOs) in Next Stimulus**

- Seventy-six lawmakers from both chambers of Congress are lobbying leadership to include funding for mental health in the next coronavirus stimulus package
- [In a letter](#) led by Sen. Elizabeth Warren (D-MA.), the lawmakers called for the next coronavirus stimulus to include at least \$38.5 billion for BHOs, which they say are at risk of being shuttered as part of the pandemic's economic fallout
- The lawmakers added that a "significant portion" of the funds should be allocated to BHOs that are "enrolled in Medicaid and provide care to underserved groups, or those who otherwise lack coverage for needed behavioral and mental health care"
- The 76 members said BHOs have not been "sufficiently included" in past economic relief packages, which combined for a total of roughly \$3 trillion, and noted that mental health services will be even more important as families grapple with the hardships related to the coronavirus

## **IN OTHER NEWS**

### **Survey of Children in Wuhan, China Show 1 in 5 Children Reporting Depressive Symptoms**

- A [new survey](#) of children who were quarantined in the Chinese province of Hubei — whose capital is Wuhan — finds that more than a fifth of them reported symptoms consistent with depression.
- Here's more:
  - The study: Researchers analyzed responses from more than 1,700 children in grades 2-6 in the cities of Wuhan and Huangshi. The children had been subject to home confinement due to the pandemic for at least two months
  - The findings: Almost 23% of students reported depressive symptoms, while nearly 20% reported symptoms of anxiety. Those in Wuhan, the epicenter of the outbreak, were more likely to report these symptoms than children in Huangshi
  - The implications: The lack of outdoor activities and social interactions may have influenced the rates of mental distress reported by the children, and future research will have to consider the long-term mental health effects of restrictive measures, the authors suggest

### **New Survey Shows Majority of People Report Struggling with Mental Health Due to Covid-19**

- A [small, new survey](#) from finance research and analysis website ValuePenguin finds that more than half of respondents are struggling with their mental health
- Here's more from the nearly 1,200-person survey:
  - Overall trends: 55% of those surveyed said their mental health is suffering due to the Covid-19 outbreak. This was especially the case with millennial respondents, nearly two-thirds of whom reported struggling with their mental health
  - Loneliness: 47% of respondents said they're feeling more lonely than usual. Although half said they spoke to loved ones daily, around 10% of respondents said that video or phone chats exacerbated their feelings of isolation
  - Resources: Nearly 60% said they don't know how to access mental health resources from home. More than 20% want to access a virtual therapist, but are unsure if insurance will cover the service

### **Beyoncé, Jack Dorsey Donate to Mental Health Covid-19 Relief**

- Beyoncé and Twitter CEO Jack Dorsey pledged \$6 million to mental health charities and other initiatives for continued outreach efforts during the coronavirus pandemic
- In a press release, Beyoncé highlighted the struggle of “epic proportions” communities of color face during the coronavirus pandemic, as well as the lack of funding



- Partnering with Twitter CEO and founder Jack Dorsey’s #startsmall campaign, the University of California, Los Angeles (UCLA) to distribute the \$6 million among local communities, as well as the National Alliance in Mental Illness (NAMI) to help provide mental health services in Houston, New Orleans, New York and Detroit.

### **Pew Releases Guidance on How States and Counties Can Help Those Living with SUDs Re-enter Communities**

- Pew released policy guidance white paper focusing on how states and counties can help those living with SUDs re-enter society successfully
- Some of the policy proposals include:
  - Appropriate sufficient funds for jails and prisons to provide the gold standard of evidence-based care for opioid use disorder (OUD): one of three medications approved by the Food and Drug Administration (FDA)—methadone, buprenorphine, or naltrexone—combined with counseling as necessary
  - Implement policies that enable people eligible for Medicaid to be enrolled at the time of release
  - Appropriate funds for sufficient jail and prison re-entry staff to ensure that people leaving these facilities will have participated in discharge planning, which should include a needs assessment, connection to care, and self-management training. Such re-entry planning is beneficial whether or not an individual received treatment for OUD while incarcerated
  - Prioritize the funding and development of a statewide data infrastructure that would facilitate the exchange of health information across multiple settings, including between correctional programs, community-based health care, and community-based social services
- You can view the guidance [here](#)

## **WEEKEND READING**

[The New York Times](#): When Mental Distress Comes Home

[Education Dive](#): Pandemic Induced Trauma Stress Leading to Uptick in SEL Need

[Thrive Global](#): [The Thrive Guide to Safeguarding Your Mental Health in the Time of COVID-19](#)

[The Hill](#): Remove barriers to make mental health services accessible for college students

[Roll Call](#): Bipartisan group of lawmakers seeks COVID-19 mental health funds

[The Hill](#): Prince Harry launches wellness website amid coronavirus pandemic