



Meeting Mental Health Needs During COVID-19

THURSDAY, APRIL 23, 2020

The novel coronavirus disease (COVID-19) has wreaked havoc on the nation. It has changed the normalcy within our families, workplaces and communities, resulting in fear, anxiety and depression which can make it difficult to manage on one's own. During these challenging times, it is important to have resources to share with patients and colleagues, to help support those who are having difficulty coping with the emotional toll and uncertainty of COVID-19.

Below is a list of resources to help ease stress, anxiety and mental fatigue. We hope you will take the opportunity to not only support your patients by encouraging the importance of mental health, but to ensure that you are taking care of yourself as well.

- [SAMHSA COVID-19 Resources and Information](#)
- Resources from [Mental Health First Aid](#)
 - [How to Care for Yourself While Practicing Physical Distancing](#)
 - [How Do I Know Someone is Experiencing Anxiety or Depression?](#)
 - [How to Help Someone with Anxiety or Depression During COVID-19](#)
 - [How to Support a Loved One Going Through a Tough Time During COVID-19](#)
- [Headspace](#) – Meditation and Mindfulness for Michiganders
- [Mental Health America – COVID-19 Resources](#)
- [Michigan Psychiatry Resources for COVID-19](#)
- [MDHHS Warmline](#)
- [Mental Health Foundation of West Michigan](#) – Podcasts and Other Resources
- [Supporting Emotional Health of the Behavioral Health Workforce](#)
- [Supporting Emotional Health of the Health Care Workforce](#)
- [NAMI COVID-19 Resource and Information Guide](#)