

## COVID-19 Mental Health Resources

These resources and crisis lines are available for healthcare professionals and the general public. The COVID-19 outbreak can be overwhelming and cause many different feelings in people. Below is a list of resources to support everyone’s mental and emotional health during these distressing times.

<b>COVID-19 Emotional Health Relief Hotline</b>	Intermountain Health Care <a href="tel:1-833-442-2211">Call 1-833-442-2211</a> Caregivers available 7 days a week- 10:00 a.m.-10:00 p.m.
<b>University Neuropsychiatric Institute</b>	<a href="tel:1-800-273-8255">Call 1-800-273-8255</a> Crisis Line
<b>SafeUT Crisis Chat and Tip Line</b>	Download SafeUT app to smart phone
<b>Utah Division of Substance Abuse and Mental Health</b>	Mental health and substance use disorder treatment services are available in every Utah county. <a href="https://dsamh.utah.gov/contact/location-map">https://dsamh.utah.gov/contact/location-map</a>
<b>“Coping with Stress”</b>	U.S. Centers for Disease Control & Prevention (CDC) <a href="https://www.cdc.gov/violenceprevention/suicide/copingwith-stresstips.html">https://www.cdc.gov/violenceprevention/suicide/copingwith-stresstips.html</a>
<b>“Mental Health and Coping During COVID-19”</b>	U.S. Centers for Disease Control & Prevention (CDC) <a href="https://www.cdc.gov/coronavirus/2019-ncov/about/coping.html">https://www.cdc.gov/coronavirus/2019-ncov/about/coping.html</a>
<b>“Taking Care of your Emotional Health”</b>	U.S. Centers for Disease Control & Prevention (CDC) <a href="https://emergency.cdc.gov/coping/selfcare.asp">https://emergency.cdc.gov/coping/selfcare.asp</a>
<b>Coronavirus &amp; Mental Health: Taking Care of Ourselves During Infectious Disease Outbreaks</b>	American Psychiatric Association (APA) <a href="https://www.psychiatry.org/news-room/apa-blogs/apa-blog/2020/02/coronavirus-and-mental-health-taking-care-of-ourselves-during-infectious-disease-outbreaks">https://www.psychiatry.org/news-room/apa-blogs/apa-blog/2020/02/coronavirus-and-mental-health-taking-care-of-ourselves-during-infectious-disease-outbreaks</a>

<b>Speaking of Psychology: Coronavirus Anxiety</b>	American Psychological Association <a href="https://www.apa.org/research/action/speaking-of-psychology/coronavirus-anxiety">https://www.apa.org/research/action/speaking-of-psychology/coronavirus-anxiety</a>
<b>Parent/Caregiver Guide to Helping Families Cope with COVID-19</b>	The National Child Traumatic Stress Network <a href="https://www.nctsn.org/sites/default/files/resources/factsheet/outbreak_factsheet_1.pdf">https://www.nctsn.org/sites/default/files/resources/factsheet/outbreak_factsheet_1.pdf</a>
<b>Disaster Distress Helpline</b>	Substance Abuse and Mental Health Services Administration Call 1-800-985-5990 or text TalkWithUs to 66746 to connect with a trained crisis counselor
<b>Substance Abuse and Mental Health Services Administration</b>	Tips for Social Distancing, Quarantine, and Isolation During An Infectious Disease Outbreak <a href="https://www.samhsa.gov/sites/default/files/tips-social-distancing-quarantine-isolation-031620.pdf">https://www.samhsa.gov/sites/default/files/tips-social-distancing-quarantine-isolation-031620.pdf</a>
<b>National Alliance on Mental Illness (NAMI)</b>	COVID-19 Resource and Information Guide <a href="https://www.nami.org/covid-19-guide">https://www.nami.org/covid-19-guide</a>