

Meadows Mental Health Policy Institute

Mental Health Resources During a Pandemic – March 18, 2020

General Information

Centers for Disease Control and Prevention (CDC) provides general tips on managing anxiety and stress during COVID-19:

<https://www.cdc.gov/coronavirus/2019-ncov/about/coping.html>

Substance Abuse and Mental Health Services Administration (SAMHSA) – Taking Care of Your Behavioral Health During an Outbreak:

<https://store.samhsa.gov/product/Taking-Care-of-Your-Behavioral-Health-During-an-Infectious-Disease-Outbreak/sma14-4894>

Harvard Medical School advice on coping with coronavirus anxiety:

<https://www.health.harvard.edu/blog/coping-with-coronavirus-anxiety-2020031219183>

For Parents and Caregivers

National Child Traumatic Stress Network (NCTSN) – Parent/Caregiver Guide to Helping Families Cope with Coronavirus:

<https://www.nctsn.org/resources/parent-caregiver-guide-to-helping-families-cope-with-the-coronavirus-disease-2019>

The Child Mind Institute has compiled resources on talking to children about COVID-19:

<https://childmind.org/article/talking-to-kids-about-the-coronavirus/>

National Association of School Psychologists (NASP) – Talking to Children About COVID-19 (Coronavirus): A Parent Resource:

[https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-\(coronavirus\)-a-parent-resource](https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource)

SAMHSA – Talking with Children: Tips for Caregivers, Parents, and Teachers During Infectious Disease Outbreaks:

https://store.samhsa.gov/system/files/pep20-01-01-006_508_0.pdf

For Healthcare Professionals and Providers

Texas Health and Human Services Commission (HHSC) – Coronavirus (COVID-19) Provider Information:

<https://hhs.texas.gov/services/health/coronavirus-covid-19/coronavirus-covid-19-provider-information>

CDC – Information for Healthcare Professionals:

https://www.cdc.gov/coronavirus/2019-ncov/hcp/index.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fguidance-hcp.html

For Those in Need of Mental Health Resources

For people with severe mental health needs, ensuring ongoing linkages to care is essential. HHSC contracts with 37 local mental health authorities (LMHAs) and two local behavioral health authorities (LBHAs) across Texas to deliver mental health services in our communities. A list of LMHAs and LBHAs in Texas can be found here:

<https://hhs.texas.gov/services/mental-health-substance-use/mental-health-substance-use-resources/find-your-local-mental-health-or-behavioral-health-authority>

A search for public resources by Texas county can be performed here:

<https://hhs.texas.gov/about-hhs/find-us/where-can-i-find-services>

HHSC – Coronavirus (COVID-19) Provider Information for People Receiving Services:

<https://hhs.texas.gov/services/health/coronavirus-covid-19/coronavirus-covid-19-information-people-receiving-services>