

Resources for Virtual Mental Health Support

DKU Counseling and Psychological Services

There is much beyond our control during the Covid-19 pandemic. If you find yourself feeling anxious and overwhelmed, you are not alone. We hope the following online resources will provide you some calm, insight and connection. Together, we can get through this.

Here is a universal mantra for us: *“This too shall pass.”*

Video Resources

[Dialectical behavioral therapy crisis survival skills](#) (video playlist)

[Free premium access to on-demand help for stress, anxiety and depression](#)

[APA: Speaking of Psychology: Coronavirus Anxiety](#)

[Mental health in the age of COVID-19 with Dr. Robyn Walser](#)

[Coping with Coronavirus-Related Anxiety: Free webinar](#)

Free meditation and yoga resources

[Online trauma sensitive yoga classes](#)

[Headspace meditations](#)

[Daily meditations for kids and adults](#)

[TAO meditations](#)

Websites

The [Love is Louder Action Center](#) provides resources and tips for maintaining physical and mental health, and supporting each other during this time of uncertainty.

Check out the [JED Foundation’s page](#) on Covid-19 and managing mental health. JED Foundation has also teamed up with Crisis Text Line to bring you [Could Be Better, tbh](#), a podcast hosted by Stacy London where she talks to celebrities and advocates about all things mental health.

If you notice your friend feels distant or lonely, refer to the tips and resources on [Seize the Awkward](#).

Active Minds has a [special online hub](#) for students to support their mental health during Covid-19.

Articles

[Five ways to view coverage of the coronavirus](#)

[CDC: Mental health and coping during Covid-19](#)

[Center for the Study of Traumatic Stress: Caring for Patients' Mental Well-Being During Coronavirus and Other Emerging Infectious Diseases: A Guide for Clinicians \(PDF, 205KB\)](#)

[Center for the Study of Traumatic Stress: Psychological Effects of Quarantine During the Coronavirus Outbreak](#)

[The Hope Center Supporting Students During COVID-19: The College Guide](#)

[Just For Kids: A Comic Exploring the New Coronavirus](#)

Mental health hotlines in U.S.

SAMHSA's Disaster Distress Helpline
Toll-Free: 1-800-985-5990

National Suicide Prevention Lifeline
Call 1-800-273-TALK (8255)
Text "START" to 741-741 to reach the Crisis Text Line
You can also [chat with someone online](#)

Global mental health resources during a pandemic

Free [guide to living with worry and anxiety amid global uncertainty](#) in 20 languages (and counting). Includes psychoeducation about worry and anxiety, and a selection of practical CBT exercises for managing well-being including activity scheduling, worry postponement and compassionate cognitive restructuring.

[Face Covid pamphlet](#) - Please feel free to share it with anyone and everyone who might benefit: [Illustrated e-book](#), [infographic](#), [text-only](#) and [YouTube animation](#).

- [Arabic](#) (thanks Drs. Gaceb Boualem and Hassan Boudassamout)
- [Dutch](#) (thanks John Morawski)
- [French](#) (thanks Lise Loury)
- [German](#) (thanks Threo Schelp)
- [Greek](#) (thanks Maria Karekla)
- [Hebrew](#) (thanks Lilac Friedman)
- [Italian](#) (thanks Salvatore Torregrossa)
- [Japanese](#) (thanks Horiba Erika)
- [Lithuanian](#) (thanks Vilma Jazgevičiute)
- [Malay](#) (thanks Eugene Koh)
- [Norwegian](#) (thanks Kristin Evjen)
- [Polish](#) (thanks Agnieszka Wroczyńska)
- [Portuguese I](#) (thanks Graça Areias)
- [Portuguese II](#) (thanks Bruno Carraça and C. Magalhães)
- [Russian](#) (thanks Ilya Rozov)
- [Serbian](#) (thanks Darko Tomic and Natasha Lazareski)
- [Traditional Chinese](#) (thanks Anthony Tong and the ACBS Hong Kong Chapter)
- [Simplified Chinese](#) (thanks Eugene Koh)
- [Spanish infographic](#) (thanks Hugo Ceballos)
- [Spanish I](#) (thanks Carlos Irurzun)
- [Spanish II](#) (thanks Enrique Parada)
- [Swedish](#) (thanks Nicklas Lasko)
- [Vietnamese](#) (thanks Gia Hoang)

[ACT and coronavirus prevention blog post](#) (Brazilian Portuguese)

[Digital resources from Italy](#) – We have developed material, audio files for meditation, and list of resilient actions. All this material is available to you (in Italian, but you can Google Translate the content and adapt).

[Pasos Prácticos Para Responder de Manera Eficaz a las Consecuencias Psicológicas del Confinamiento](#) (Practical Steps for Responding Effectively to the Psychological Consequences of Confinement in Spanish).