

During the current pandemic, everyone is feeling an increased sense of anxiety, some more than others. If you find yourself feeling this way, please review the list of resources below that could help.

- [Coronavirus Disease 2019 \(COVID-19\): Managing Anxiety and Stress](#) - This web page contains basic guidance from the Centers for Disease Control and Prevention ([CDC](#)) on managing mental health stressors during COVID-19.
- National Association of Mental Health released an updated guide on COVID-19 https://www.nami.org/getattachment/About-NAMI/NAMI-News/2020/NAMI-Updates-on-the-Coronavirus/COVID-19-Updated-Guide-1.pdf?lang=en-US&fbclid=IwAR17F92zzirH5aBuB6QSiEArcOF_ontrTTjVFvmyrEV1sMaalEtZiGVJDg
- [Crisis Text Line](#)
Text MHA to 741741 – free, text-based support 24/7
- Wisconsin Department of Health Services Resilient Page with resources <https://www.dhs.wisconsin.gov/covid-19/resilient.htm>
- Northwest Connections (NWC) **888-552-6642**
- Disaster Distress Helpline **1-800-985-5990** (Text **TalkWithUs** to **66746**)
- [Crisis Text Line](#)
Text MHA to 741741 – free, text-based support 24/7
- [The Trevor Project](#) (LGBTQ+)
*Call [1-866-488-7386](tel:1-866-488-7386) or text **START** to 678678.*
- Mental Health America <https://mhanational.org/covid19>
- [Coronavirus Disease 2019 \(COVID-19\): Managing Anxiety and Stress](#) - This web page contains basic guidance from the Centers for Disease Control and Prevention ([CDC](#)) on managing mental health stressors during COVID-19.
- [Taking Care of Your Behavioral Health: Tips for Social Distancing, Quarantine, and Isolation during an Infectious Disease Outbreak](#) - This tip sheet from the Substance Abuse and Mental Health Services Administration ([SAMHSA](#)) provides information on typical reactions to social distancing, quarantine, and isolation, and ways to take care of oneself. The sheet also provides a list of hotlines and other resources for obtaining help.
- [Mental Health Considerations during COVID-19 Outbreak](#) - This information sheet from the World Health Organization ([WHO](#)) contains suggestions for coping with COVID-19 for the general population and specific groups including health care workers, caretakers of children and older adults, and people living in isolation.
- [Taking Care of Your Mental Health in the Face of Uncertainty](#) - This blog post from the American Foundation for Suicide Prevention ([AFSP](#)) provides five suggestions for coping with the uncertainty due to COVID-19.

- **[Coronavirus Anxiety: Helpful Expert Tips and Resources](#)** - This web page, updated daily by the Anxiety and Depression Association of America ([ADAA](#)), contains links to a wide variety of resources for coping with general anxiety and some specific anxiety disorders during COVID-19, including articles, information sheets, blog posts, and videos.
- **[Talking with Children: Tips for Caregivers, Parents, and Teachers during Infectious Disease Outbreaks](#)** - This tip sheet from the Substance Abuse and Mental Health Services Administration ([SAMHSA](#)) provides caregivers, parents, and teachers with information on reactions children and youth may have during an infectious disease outbreak and how to support them. Some of the information is tailored for different age groups.
- **[Helping Children Cope Emotionally with the Coronavirus](#)** - This web page from the American Academy of Experts in Traumatic Stress ([AAETS](#)) provides parents with specific suggestions for helping children cope with COVID-19.