MGH Psychiatry Guide to Mental Health Resources for COVID-19
(v.03/26/2020)

The unprecedented circumstances surrounding the emergence of COVID-19 have created a great deal of stress and uncertainty for many patients, families, communities and healthcare providers. As resources for addressing these issues proliferate, it can be confusing to find, evaluate, or sort through all of the available information. To address this need for our community, the MGH Department of Psychiatry has put together a curated set of resources with a particular emphasis on materials that will be of use to providers and those they serve. Some of these resources have been developed by members of our department while others are drawn from elsewhere but gathered here and annotated for ease of use.

Note that this guide is a "living document" and may be continually updated over time. *The date of last update is given in parentheses in the title of this document. Latest updates are [listed here](#). This list of mental health resources is not designed to be exhaustive but rather to highlight and synthesize a selection of high-quality resources to which providers can refer.*

This document is also available as a **downloadable PDF** (check this link for the most up-to-date version): https://drive.google.com/file/d/1P-EQwCqjTHr93fGBk4fqB1sM735390dg/view

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How to Use this Guide:
These resources are organized into five domains. Clicking each link will bring you to the relevant section below. Within each section, highly recommended resources are denoted with a star (★) and practical recommendations or strategies are <mark>highlighted in yellow</mark>.

FOR GENERAL MENTAL HEALTH & COPING

Summary: In times of stress and uncertainty, a number of strategies can be helpful for maintaining well-being and promoting resilience. The uncertainties and specific restrictions related to the COVID-19 outbreak present particular challenges. For example, recent research has strongly supported two strategies for preventing or mitigating depressive and anxiety-related symptoms: promoting social connectedness and physical activity. In the current environment, necessary restrictions such as social distancing, self-quarantining, and other measures can make this challenging. As such, we may need to be intentional about finding ways to reduce social isolation (for example, through virtual meetings, text and other messaging, phone calls) and to engage in regular physical activity.

The resources highlighted below emphasize several evidence-based self-care and coping strategies. In addition to **staying connected to others** and **keeping up physical activity**, these include maintaining pillars of well-being such as **regular sleep patterns** and **healthy eating.** In addition, **limiting excessive exposure to distressing media** and **practicing stress management techniques such as mindfulness and deep breathing.** For those with symptoms of significant stress or impairing anxiety, it is helpful to **recommend professional support as needed.**

Title	**Managing Stress: Tips for Coping with the Stress of COVID-19** ★
Source	Harvard T.H. Chan School of Public Health
Link	https://drive.google.com/file/d/1FopkiPYKRcyi24FPcgPdRZKAM5y850pp/view
Key points	**Stress-related reactions** may include: changes in concentration/thinking/memory; feeling tense/irritable/anxious; changes in energy/appetite/sleep; social withdrawal, reduced productivity, interpersonal conflict. Some individuals may be more susceptible to stress during an outbreak, including those with prior mental health conditions. **Coping strategies** include: (1) staying connected with family/friends/community in creative ways; (2) managing challenging emotions with acceptance, mindfulness, relaxation, soothing and/or pleasurable activities; (3) avoiding unhelpful coping strategies like substance use, rumination/constant worrying, high-risk behavior; (4) engaging in positive lifestyle behaviors such as physical activity and eating healthy, using acceptance, re-framing, and problem-solving as needed; and (5) practicing sleep hygiene. **Additional resources** from the Koenen group: https://drive.google.com/drive/folders/1Gp47v-KtK5JuexPnUrzNu33pgRbpVLF2

Title	**Cognitive Behavioral Strategies To Manage Anxiety: Tools to Build Resilience** ★
Source	Massachusetts General Hospital
Link	https://vimeo.com/398929603/0dcf0ba166
Key points	**Dr. Luana Marques** of the MGH Center for Anxiety & Traumatic Stress Disorders, and president of the Anxiety & Depression Association of America, delivered a Psychiatry Grand Rounds lecture on March 19, 2020. **Suggested resilience strategies** included: (1) "cooling the brain" by practicing mindfulness, limiting excessive media exposure, adjusting to a new norm; (2) attending to basic needs by paying attention to exercise, sleep hygiene, regular eating; (3) staying connected with others.

Title	**Coronavirus Disease 2019 (COVID-19): Manage Anxiety & Stress**
Source	Centers for Disease Control & Prevention
Link	https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html
Key points	**Stress-related reactions** to an outbreak may include: worry, changes in eating/sleeping, physical symptoms, substance use **Coping strategies** include: (1) taking media breaks; (2) maintaining healthy behaviors; (3) engaging in relaxing activities; (4) connecting with others . **Tailored recommendations** for: individuals with pre-existing mental health conditions (includes hotline numbers); parents and children; health responders; quarantined individuals

Title	**Mental Health and Psychosocial Considerations During COVID-19 Outbreak**
Source	World Health Organization
Link	https://www.who.int/docs/default-source/coronaviruse/mental-health-considerations.pdf
Key points	**Tailored guidance** for specific groups, including general population; healthcare workers; health facility leaders; caregivers for children; older adults and individuals with underlying health conditions; quarantined individuals **General population recommendations**: (1) avoiding blame/stigma of others; (2) reducing excessive media exposure and consuming from reputable sources; (3) finding ways to help others and contribute to community during this time; (4) amplifying positive stories and messages; (5) recognizing service efforts of healthcare workers; for tip sheet, see: - https://www.who.int/docs/default-source/coronaviruse/coping-with-stress.pdf **Healthcare worker recommendations**: see section below **Caregiver recommendations**: see section below

	● **Recommendations for older adults and other vulnerable individuals**: (1) accessing simple and clear information; (2) planning ahead where to get practical help like food delivery, transport, medicines; (3) performing simple physical exercises at home; (4) maintaining regular routines where possible ● **Quarantined individuals recommendations**: (1) staying connected to social networks virtually (e.g., phone, Internet); (2) acknowledging needs and feelings and maintaining self-care practices during quarantine; (3) limiting excessive media exposure during this time

Title	**Coronavirus and Mental Health: Taking Care of Ourselves During Infectious Disease Outbreaks**
Source	American Psychiatric Association
Link	https://www.psychiatry.org/news-room/apa-blogs/apa-blog/2020/02/coronavirus-and-mental-health-taking-care-of-ourselves-during-infectious-disease-outbreaks
Key points	● **Stress-related reactions** to an outbreak may include: sleep changes; decreased sense of safety; substance use; physical symptoms; fear and blame ● **Coping recommendations** include: (1) staying informed via reputable sources; (2) practicing preventive hygiene behaviors; (3) limiting media exposure and correcting misinformation; (4) anticipating and addressing stress reactions via self-care strategies such as daily routines, enjoyable activities, social support, physical activity

Additional Resources:

- **10 Mental Health Tips for Coronavirus Social Distancing** (MGH & Partners in Health; Dr. Giuseppe Raviola)
  - https://www.pih.org/article/10-mental-health-tips-coronavirus-social-distancing
  - Coping strategies include: (1) maintaining connections despite social distancing; (2) establishing routines; (3) exercising; 4) learning and intellectual engagement; (5) positive family time; (6) focused meditation and relaxation; (7) limiting exposure to internet/TV news; (8) maintaining a sense of humor and avoid catastrophizing; (9) positive self-talk; (10) living in the moment rather than projecting future worries

- **"FACE COVID"** (Dr. Russ Harris, author of The Happiness Trap)
  - https://drive.google.com/file/d/1_O8grFdwMDuGVIE_RvdRfhHhf6xf3tY8/view
  - Practical steps for coping based on Acceptance & Commitment Therapy: F=focusing on what's in your control; A=acknowledging thoughts & feelings; C=coming back into your body; E=engaging in what you're doing; C=committed action; O=opening up; V=values; I=identifying resources; D=disinfecting & distancing

- **Coping with Coronavirus Anxiety** (Harvard Health Blog)
  - https://www.health.harvard.edu/blog/coping-with-coronavirus-anxiety-2020031219183

- ○ Coping strategies include: (1) connecting with loved ones virtually; (2) relying on reputable sources of information; (3) limiting excessive information intake; (4) engaging in preventive hygiene practices; (5) engaging in relaxation via yoga, meditation, or deep breathing, and practicing self-care; (6) asking: Where does anxiety show up in the body? How anxious am I? What do I fear most? What usually helps?

- **7 Science-based Strategies To Cope With Coronavirus Anxiety** (The Conversation):
  - ○ https://theconversation.com/7-science-based-strategies-to-cope-with-coronavirus-anxiety-133207
  - ○ Coping strategies include: (1) practicing tolerance of uncertainty; (2) accepting and mindfully noticing anxiety, rather than fighting it; (3) connecting to a higher purpose or cause; (4) remembering humans are resilient; (5) not overestimating threat and reducing excessive media exposure; (6) strengthening self-care and healthy lifestyle practices like sleep, exercise, and relaxation techniques; and (7) seeking professional help as needed.

FOR SPECIFIC MENTAL HEALTH CONDITIONS

Summary: The stress associated with the currently evolving social disruptions and health-related threats can be particularly challenging for individuals with pre-existing mental health conditions. For example, uncertainty and the threat of infection can exacerbate pre-existing anxiety and worry; the need to minimize disease transmission can amplify contamination fears among those with OCD; and the potential disruption of social connections may contribute to loneliness and isolation that can compound the challenges for those struggling with depression. The resources below provide a range of expert-recommended strategies that may be useful for individuals dealing with or at risk for mental health conditions. In addition to the general self-care/coping strategies described in the prior section, these include specific tips for individuals with existing mental health conditions, including **recognizing increased risk**, **maintaining clinical contact** where possible, **ensuring adequate medication supply**, **adapting skills learned in treatment** (e.g., exposure) for unique circumstances, and **reaching out for professional help** as needed.

Any mental health conditions

Title	**COVID-19 Information & Resources**
Source	National Alliance on Mental Illness (NAMI)
Link	https://www.nami.org/getattachment/About-NAMI/NAMI-News/2020/NAMI-Updates-on-the-Coronavirus/COVID-19-Updated-Guide-1.pdf
Key points	● **Helpline numbers** for accessing support for coronavirus-related distress ○ NAMI helpline: 800-950-NAMI (6264) - M-F 10am-6pm EST

	○ SAMHSA crisis/disaster helpline: (800) 985-5990 - 24/7 all year round
	● **Answers and tips** for specific mental health concerns, e.g., anxiety, quarantine, health care access, business assistance, grief/loss, homelessness, loved ones who are incarcerated, etc.
	● **Links to virtual communities** for emotional and mental health support

Title	**Helping Patients Concerned about Coronavirus: A Guide for Psychiatrists**
Source	Center for the Study of Traumatic Stress
Link	https://www.cstsonline.org/assets/media/documents/CSTS_FS_Taking_Care_of_Patients_During_Coronavirus_Outbreak_A_Guide_for_Psychiatrists_03_03_2020.pdf
Highlights	● **Individual differences** may be observed among patients with prior mental health conditions - some may remain stable while others may experience heightened distress during an outbreak. Higher-risk patients include those with obsessive-compulsive thoughts/behaviors, or a history of trauma. ● **Recommendations for psychiatrists** working with these patients include: (1) acknowledging concerns and uncertainty; 2) sharing timely and accurate medical knowledge; 3) working with patients on a plan to reduce stress and maintain healthy behaviors; (4) sustaining clinical contact where possible and ensuring adequate medication supply.

Anxiety

Title	**Coronavirus Anxiety - Helpful Expert Tips and Resources**
Source	Anxiety & Depression Association of America
Link	https://adaa.org/finding-help/coronavirus-anxiety-helpful-resources
Key points	● Official ADAA resources ● News articles with expert commentary on anxiety management and impact ○ E.g., **What Coronavirus Fears Are Doing To People With Anxiety Disorders** (article) ● **Virtual exposure and response prevention sessions** ($50/session) for patients with OCD via: https://lp.treatmyocd.com/adaa ● Other links to WHO, CDC, and NCPTSD resources

Title	**COVID-19 and OCD**
Source	International OCD Foundation
Link	https://iocdf.org/covid19/

Highlights	• **Recommendations for individuals with OCD** include: (1) acknowledging feelings; (2) staying informed but setting a defined time limit for media without needing to learn "everything"; (3) following public health guidelines for hygiene and disinfection without going beyond, e.g., excessive hand washing; (4) engaging in healthy lifestyle habits; (5) talking to OCD treatment team, or reaching out for treatment if needed; (6) staying socially connected

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FOR FAMILIES/CHILDREN

Summary: An outbreak can affect the entire family, and special attention to the needs and stressors of children and their caregivers is warranted. Below is a set of expert-recommended resources with practical strategies for parents and other caregivers who are communicating with children about the coronavirus and preparing for family disruptions and challenges. These include specific tips for caregivers on **recognizing and validating young people's underlying concerns** about safety and daily life, **acknowledging our own anxieties and self-care needs**, **discussing information in calm and age-appropriate ways**, **modeling coping skills and effective hygiene practices**, **reducing stigma and blame**, **staying connected with friends and family**, **maintaining daily routines and structures** where possible and **using virtual learning resources** as available if homebound.

<u>Talking with Children</u>

Title	**7 Ways to Support Kids and Teens Through the Coronavirus Pandemic** ★
Source	MGH Clay Center for Healthy Young Minds
Link	http://bit.ly/CC-COVID-19
Highlights	• **Three underlying concerns** that young people may have during an outbreak include: <u>Am I safe? Are my caregivers safe? How will my daily life be affected?</u> • **Recommendations for parents** include: (1) controlling your own anxiety by accessing reputable information, talking with trusted others, engaging in healthy lifestyle behaviors, acknowledging worry if children ask; (2) talking to your children about what they know about the situation; (3) validating your child's feelings/concerns; (4) being available for questions and providing new information; (5) modeling effective hygiene practices; (6) providing reassurance by pointing to past examples of coping with challenging times; and (7) avoiding blaming of others. • **Tailoring by developmental stage** (preschool/school-age/teenage) is key • **Spanish language version** available: http://bit.ly/CC-COVID-19-ESP • **Chinese language version** available: https://bit.ly/CC-COVID-19-ZH

Title	**How to Talk to Your Kids About Coronavirus** ★
Source	MGH Clay Center for Healthy Young Minds
Link	https://youtu.be/y81pZO7gaq0
Highlights	**2-minute video presentation** of practical strategies - Dr. Gene Beresin, director of the MGH Clay Center for Healthy Young Minds, also spoke to Boston25 News about these communication strategies for parents and children during an outbreak: - http://bit.ly/25News-COVID19

Title	**How Can Parents Talk To Children About COVID-19 And Its Impact?** ★
Source	Massachusetts General Hospital/Harvard Chan School of Public Health
Link	https://www.massgeneral.org/children/infectious-diseases/how-to-talk-to-kids-about-coronavirus
	- Dr. Archana Basu, psychologist in Child and Adolescent Psychiatry at the MassGeneral Hospital for Children, summarizes how to talk to children about the coronavirus based on their age and developmental needs. **Developmentally-specific signs and suggestions** are provided for: infants/toddlers; preschoolers; school-aged children; and adolescents. **Recommendations for parents** include: (1) engaging with children's specific questions in an age-appropriate way; (2) validating their feelings, providing realistic assurance, and promoting positive coping like reading together, being physically active and staying virtually connected with loved ones; (3) balancing flexibility with maintaining routines; (4) staying informed and clarifying misconceptions while limiting excessive media use; (5) responding to the unique needs and differences of each child; (6) helping to reduce blame and stigma; and (7) engaging in self-care and managing own responses.

Title	**Talking With Children About Coronavirus Disease 2019: Messages For Parents, School Staff, And Others Working With Children**
Source	Centers for Disease Control and Prevention
Link	https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/talking-with-children.html
Key points	**General principles** for parents, family members, school staff, and other trusted adults when talking with children, include: (1) remaining calm/reassuring; (2) being available to listen and talk; (3) avoiding blame/stigma; (4) reducing excessive media exposure; (5) providing truthful

and age-appropriate information; (6) teaching effective hygiene practices, including handwashing.
- **Simple language examples** are provided for discussing: <u>What is COVID-19? What can be done to prevent/avoid getting COVID-19? What happens if you are sick with COVID-19?</u>

Title	**Talking to Children About COVID-19 (Coronavirus): A Parent Resource**
Source	National Association of School Psychologists
Link	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 (PDF available)
Key points	● **Specific guidelines** for parents of school-aged children include: (1) remaining calm and reassuring; (2) being available to discuss and providing ongoing affection; (3) avoiding blame of others; (4) limiting excessive media exposure and clarifying misconceptions; (5) maintaining normal routines where possible; (6) providing accurate information; (7) recognizing symptoms of infection; (8) modeling effective hygiene practices such as handwashing and covering mouth when sneezing; (9) communicating with school around rules/practices and any symptoms.

<u>Family Preparedness</u>

Title	**Parent/Caregiver Guide to Helping Families Cope With the Coronavirus Disease**
Source	National Child Traumatic Stress Network
Link	https://www.nctsn.org/sites/default/files/resources/fact-sheet/outbreak_factsheet_1.pdf
Key points	● **Tips for parents and families** including: (1) preparing by holding family discussions, identifying resources, making plans for staying in contact with friends and family; (2) practicing and modeling preventive hygiene behaviors; (3) engaging in coping strategies like staying informed, seeking social support, expressing and validating feelings; (4) keeping schedule/routine as much as possible and planning meaningful activities ● **Tailored symptoms and recommendations** based on developmental stages, including: preschool; school-age; adolescent children

Title	**Parenting Through Community Crises & Disasters**
Source	MGH Marjorie E. Korff PACT (Parenting at a Challenging Time) Program
Link	https://www.mghpact.org/for-parents/parenting-through-community-crises/

Key points	• **Video and written materials** intended to assist parents and educators as they face challenges that impact children in our communities

Title	**Resources for Families**
Source	Center for the Study of Traumatic Stress
Link	https://www.cstsonline.org/resources/resource-master-list/coronavirus-and-emerging-infectious-disease-outbreaks-response

Key points	• **Helping Homebound Children during the COVID-19 Outbreak**
	   ○ https://www.cstsonline.org/assets/media/documents/CSTS_FS_Helping_Homebound_Children_during_COVID19_Outbreak.pdf
	   ○ Specific recommendations for homebound children, including (1) supporting family structure with planned activities, routines, and chore participation; (2) communicating openly with children; (3) connecting to helpful supports and friends/family, and using homeschooling/distance learning resources if available
	• **Taking Care of Your Family During Coronavirus and Other Emerging Infectious Disease Outbreaks** (CSTS):
	   ○ https://www.cstsonline.org/assets/media/documents/CSTS_FS_Corona_Taking_Care_of_Your_Family.pdf.pdf
	   ○ General recommendations for (1) practicing preventive hygiene as a family; (2) staying calm by using coping strategies; and (3) involving children in family health care by discussing information in an age-appropriate way, modeling health behaviors and discussing family health habits, and managing misconceptions

Tools and Ideas for Families

Title	**Self-Care for Resilience Toolkit** ★
Source	MGH Clay Center for Healthy Young Minds
Link	https://www.mghclaycenter.org/self-care
Highlights	• **Short videos on resilience skills** for middle school students; high-school students; and college students (with accompanying "Self-Care Classroom Activity Toolkit" for download) • **Short videos on modeling self-care** for moms; dads; adaptations for younger children; and barriers/challenges • **Self-care strategies for parents**, including: (1) prioritizing time for own needs; (2) setting priorities; (3) planning enjoyable or restorative activities; (4) accepting and identifying support from others

○ https://www.mghclaycenter.org/parenting-concerns/10-self-care-tips-for-parents/11
● **Self-care strategies for young people**, including: (1) engaging in mindfulness; (2) doing yoga and other exercises; (3) getting enough sleep; (4) creatively expressing self; (5) communicating with friends, though sometimes disconnecting; (6) practicing community service and giving to others.
  ○ https://www.mghclaycenter.org/parenting-concerns/11-self-care-tips-for-teens-and-young-adults/

Title	**Pandemic 2020: Our Stuck at Home Guide to Food, Fun, and Conversation** ★
Source	The Family Dinner Project
Link	https://thefamilydinnerproject.org/blog/pandemic-2020-our-stuck-at-home-guide-to-food-fun-and-conversation/
Key points	● The Family Dinner Project at MGH was co-founded by Dr. Anne Fishel, director of the MGH Family and Couples Therapy Program ● **Specific ideas and suggestions** for: (1) cooking child-friendly food with pantry staples; (2) age-appropriate food and kitchen activities for long stay-at-home periods; (3) meaningful conversation topics for the whole family around the dinner table

Title	**Sesame Workshop Caring for Each Other Initiative** ★
Source	Sesame Street
Link	https://www.sesamestreet.org/caring
Key points	● Sesame Workshop Caring for Each Other initiative seeks to support families during the COVID-19 health crisis with a broad variety of free resources ● **Tips** for parents and caregivers (e.g., comforting children, creating new routines, making time for play and joy) ● **Ideas for fun games and activities** that can be done at home ● **Educational multimedia** (e.g., healthy habits, feelings) ● **Printable materials** for offline learning and fun

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FOR HEALTHCARE PROVIDERS

Summary: Many healthcare workers are on the front lines for managing a COVID-19 outbreak. Whether due to increased job demands, coping with unusual circumstances, and/or

fears of contagion to self and others, an outbreak could have a profound impact on mental health and the ability to remain effective in rapidly evolving situations, while increasing the risk of distress, anxiety, and burnout. Several resources have been developed specifically to highlight the mental health needs of healthcare workers. The resources below highlight several recommended strategies for healthcare workers including: **preparing for heightened demands** during an outbreak and **monitoring own stress/wellbeing**, and **engaging in self-care/coping strategies** (including general tips above) but also: **checking in regularly with family/friends/colleagues**, **pacing work** and **taking mini-breaks where possible***, **not overworking or ignoring personal needs**, and **connecting to a sense of purpose and service**.

*Note that a number of mindfulness apps have been made freely available especially for healthcare providers during this time.

Title	**Caring for Yourself & Others During the COVID-19 Pandemic: Managing Healthcare Workers' Stress** ★
Source	Schwartz Center for Compassionate Healthcare
Link	https://www.theschwartzcenter.org/webinar/caring-for-yourself-others-during-the-covid-19-pandemic-managing-healthcare-workers-stress
Key points	● **Recorded presentation** from Dr. Patricia Watson (NCPTSD) on ways that healthcare workers can manage their stress during the COVID-19 outbreak. ● **Potential stress reactions** include anxiety; sense of helplessness; reduced confidence in self and system; anger; guilt; grief/depression about losses. Values of service and excellence can be strengths but also vulnerabilities for healthcare workers. ● **Obstacles to self-care** include attitudes (e.g., feeling selfish, ignoring needs, wanting to do more) and behaviors (e.g., working too long alone) ● **Stress First Aid (SFA) approach** is based on peer support: recognizing signs of stress in a colleague/peer > approaching to discuss > deciding what support is needed based on presenting concern (e.g., sleep, guilt, anxiety, isolation)

Title	**Managing Healthcare Workers' Stress Associated with the COVID-19 Virus Outbreak** ★
Source	National Center for PTSD
Link	https://www.ptsd.va.gov/covid/COVID_healthcare_workers.asp
Key points	● **Heightened demands** for healthcare workers during an outbreak include: increased workload; potential separation from family/friends; fears about infection to self and others; stigma.

	Preparedness can reduce stress among healthcare workers managing an outbreak. Specific training in outbreak-related protocols and communication/planning among staff can increase self-efficacy. **Self-care strategies** include: (1) self-monitoring/pacing; (2) checking in regularly with family/friends/colleagues; (3) taking self-care breaks for relaxation and stress reduction; (4) practicing healthy self-talk and calibrating realistic appraisals of threat; (5) balancing acceptance vs. control; (6) connecting to hope and patience; (7) avoiding unhelpful coping strategies like substance use or ignoring personal needs by overworking.

Title	**Sustaining the Well-Being of Healthcare Personnel during Coronavirus and other Infectious Disease Outbreaks**
Source	Center for the Study of Traumatic Stress
Link	https://www.cstsonline.org/assets/media/documents/CSTS_FS_Sustaining_Well_Being_Healthcare_Personnel_during.pdf.pdf
Key points	**Unique demands** faced by healthcare workers during an outbreak include increased work demands; fears of infection; limited or uncomfortable equipment; and managing patient distress and own emotions. **Recommendations** include: (1) meeting basic needs and taking breaks; (2) connecting with colleagues and loved ones, and using constructive communication; (3) staying updated while limiting media exposure; (4) checking in with needs and wellbeing and honoring service efforts

Title	**Coronavirus and Mental Health: Taking Care of Ourselves During Infectious Disease Outbreaks**
Source	American Psychiatric Association
Link	https://www.psychiatry.org/news-room/apa-blogs/apa-blog/2020/02/coronavirus-and-mental-health-taking-care-of-ourselves-during-infectious-disease-outbreaks
Key points	**Specific stressors** for healthcare workers include: potential equipment and staffing shortages; fears of infection to self and others; managing patients who may also be in distress; stigma. **Recommendations** for healthcare workers include: (1) self-monitoring for signs of stress; (2) prioritizing basic needs like eating and sleeping; (3) taking self-care breaks; (4) staying connected with family/friends/colleagues; (5) accessing reliable sources of information; and (6) honoring the service performed by self and other healthcare workers..

Title	**Mental Health and Psychosocial Considerations During COVID-19 Outbreak**

Source	World Health Organization
Link	https://www.who.int/docs/default-source/coronaviruse/mental-health-considerations.pdf
Key points	- Managing mental health is just as vital as physical health during an outbreak. **Recommendations** for healthcare workers include: (1) resting between shifts; (2) maintaining positive lifestyle behaviors such as physical activity and eating healthy; (3) staying connected to family/friends and sharing with trusted colleagues; (4) leveraging coping strategies that have worked well in the past; (5) avoiding substance use and other unhelpful strategies; (6) be prepared for working with patients in distress or exacerbated mental health conditions

Title	**Emergency Responders: Tips for Taking Care of Yourself**
Source	Centers for Disease Control & Prevention
Link	https://emergency.cdc.gov/coping/responders.asp
Key points	**Recommendations** include: (1) recognizing signs of burnout including sadness or apathy, frustration, irritability, isolation/disconnection, feeling exhausted or overwhelmed, substance use; (2) creating a "buddy system" to check in with a colleague and monitor each other's workload and self-care; (3) engaging in self-care strategies like confiding in others, deep breathing, sleep and healthy eating, setting boundaries where possible; (4) reminding yourself it is not selfish to take breaks, and working all of the time does not mean you will make your best contribution.

OTHER TOOLS AND APPS

Summary: A wealth of virtual, home-accessible tools (apps, podcasts, videos etc.) are now available to support mindfulness, relaxation, and movement. Here, we list a selection of resources that offer substantial content for free, or have made their content available to support coping during the COVID-19 outbreak.

Mental Health

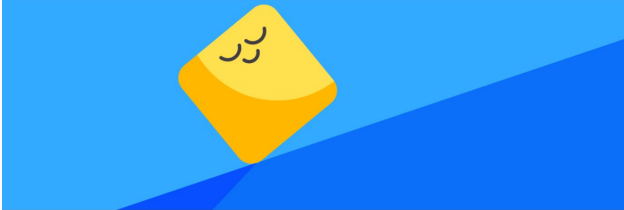| Title	**PTSD Coach Online (Website/App)**
Source	National Center for PTSD
Link	https://www.ptsd.va.gov/apps/ptsdcoachonline/default.htm

Highlights	**Repository of free resources** for anyone who needs help with upsetting feelings. Specific materials geared for worry/anxiety, anger, sadness, sleep problems, and trauma. - Videos: https://www.ptsd.va.gov/apps/ptsdcoachonline/tools_menu.htm - Handouts: https://www.ptsd.va.gov/apps/ptsdcoachonline/handouts.htm - App for those with PTSD: https://mobile.va.gov/app/ptsd-coach :

Title	**Sanvello (App)**
Link	https://www.sanvello.com/coronavirus-anxiety-support/
Key points	**Free access to premium content during COVID-19** from this self-management app focused on stress, anxiety, and depression, which includes daily mood tracking, guided "journey" of relevant cognitive-behavioral strategies, coping tools for specific concerns, and virtual peer support community if desired.

Mindfulness

Title	**Coronavirus Sanity Guide (Website with Videos/App)**
Source	Ten Percent Happier
Link	https://www.tenpercent.com/coronavirussanityguide
Key points	**Resources** on this webpage include: guided meditations, podcasts, blog posts, and talks focused on managing coronavirus-related stress and anxiety. These resources will be updated over time. **Dr. Luana Marques** of the MGH Center for Anxiety and Traumatic Stress Disorders program is interviewed with other experts for a 1-hour podcast, sharing practical tips for "How to Manage Coronavirus Anxiety": - https://radiopublic.com/ten-percent-happier-with-dan-harr-WwE9m8/s1!509f1 **Guided meditations** include: centering/grounding for coronavirus responders; relaxation; self-compassion; and finding ease. **Talks** include: handwashing mindfully; caring for others during time of coronavirus; coping with anxiety; releasing fear; etc. **Free access to Ten Percent Happier app** is now available for healthcare workers

FREE ACCESS FOR HEALTHCARE WORKERS

We want to deeply thank and recognize healthcare workers all over the world who are responding to the COVID-19 pandemic. If you are a healthcare worker and are not currently subscribed to Ten Percent Happier, we would like to support you by offering free access to the app – please email care@tenpercent.com for instructions.
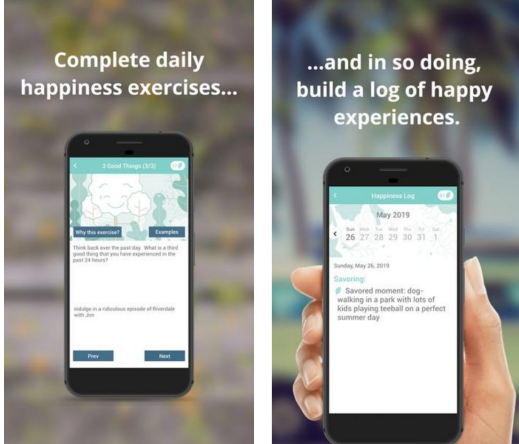
Title	**Headspace (App)**
Link	https://www.headspace.com/health-covid-19
Key points	● **Free access to Headspace Plus** is now available for US healthcare and public health professionals through 2020.

You're here for them, we're here for you.

We're offering all US healthcare professionals, who work in public health settings, free access to Headspace Plus through 2020.

Title	**Insight Timer (Website and App)**
Link	https://insighttimer.com/
Key points	● **Free library of over 30,000 recorded meditations** for sleep, anxiety, stress, mindfulness, self-compassion, calming music, for kids, etc.

Title	**Calm (Website with Recordings)**
Link	https://www.calm.com/blog/take-a-deep-breath

Key points	• **Curated free recordings** include: soothing meditations for mindfulness and self-compassion; sleep meditations; calm music; relaxing soundscapes; mindful movement exercises; mindfulness for kids; daily mindfulness activity calendars; journaling resources; ideas for social connection

Positive Emotions

Title	**Positive Psychology Exercises (App)**
Source	MGH Center for Addiction Medicine
Link	https://scholar.harvard.edu/bettina.hoeppner/sis
Key points	• **Dr. Bettina Hoeppner**'s team at the MGH Center for Addiction Medicine has developed a freely available app that engages users in daily positive psychology exercises focused on noticing and fully engaging with positive experiences even amid life challenges. While this app was originally developed to support smoking cessation (for scientific validation, see this paper), the happiness exercises can be used as a stand-alone module (simply tap "Happiness" on the homepage of the app) and can be used by all. • **Positive psychology exercises** focus on noticing kindness (e.g., teachers putting together homeschool tools); doing kind things (e.g., leaving toilet paper in the shelf for the next person to buy); savoring (e.g., taking 5 minutes to sit in the sunshine); reliving positive experiences (e.g., looking at photos and recalling joyful events); and noticing good things that are also happening (e.g., whole communities engaging in social distancing for the greater good).

Yoga and Movement

Title	**How to Stay Active While You're at Home (Website)**

Source	Sport England
Link	https://www.sportengland.org/news/how-stay-active-while-youre-home
Key points	**Guide to free resources** for staying active at home, including: **Home workout videos**: https://www.nhs.uk/oneyou/for-your-body/move-more/home-workout-videos/ **Illustrated guides to gym-free workouts**: https://www.nhs.uk/live-well/exercise/gym-free-workouts/ **Dance-along videos with kids**: https://www.thisgirlcan.co.uk/activities/disney-workouts/

Title	**Down Dog Yoga & Exercise Apps (App)**
Source	Down Dog
Link	https://www.downdogapp.com/
Key points	**Free access to all exercise apps** (Down Dog, Yoga for Beginners, HIIT, Barre, and 7 Minute) until April 1 (and extended to July 1 for all students and teachers signing up with an .edu address)

Comments or Suggestions

Note that this guide is a "living document" and may be continually updated over time. The date of last update is given in parentheses in the title of this document. This list of mental health resources is not designed to be exhaustive but rather to highlight and synthesize a selection of high-quality resources to which staff and providers can refer.

If you have comments or would like to suggest an addition to the guide, contact: Karmel Choi, PhD (kwchoi@mgh.harvard.edu) and Jordan W. Smoller, MD, ScD (jsmoller@mgh.harvard.edu).

<u>Latest Updates to the Guide:</u>

03/26/2020:
- Added link to Chinese version for MGH Clay Center "Talking with Kids" resource
- Added Schwartz Center webinar to "Healthcare Providers" section

03/25/2020: Added NAMI resource to "Specific Mental Health Conditions" section

03/24/2020:
- Added PTSD Coach Online materials to "Tools" section
- Added Sesame Street resources to "Families/Children" section and restructured section

03/23/2020:
- Added resource from MGH Family Dinner Project to "Families/Children" section
- Added Sanvello mental health app to "Tools" section

3/21/2020: Added webinar by Dr. Luana Marques to "General Mental Health/Coping" section