COVID-19 Resources for those with Serious Mental Illness

The COVID-19 pandemic has resulted in numerous changes to our daily lives, including limited in-person interaction, increased psychiatric symptoms, and changes to mental health services. Included below are a number of resources that offer advice on how to continue to care for yourself (both physically and mentally) during this stressful time. Additionally, there are many online support groups available allowing individuals with similar experiences to continue to meet and support each other virtually.

Reach out to your mental health provider to see what resources are available in your area in addition to the resources below. If you feel that you are in need of immediate services or in danger of harm, call 911 or visit your local emergency room. You can also call the National Suicide Prevention Lifeline at 1-800-273-8255.

Support Lines

1. **Boys Town Hotline** -- (800-448-3000)
2. **Washington State Warm Line**: 1-866-427-4747
3. Crisis Text Line: text TALK to 741741 or visit [www.crisistextline.org](http://www.crisistextline.org)
4. To quite smoking:
   - 1-800-QUIT-NOW (1-800-784-8669)
   - 1-800-LUNG-USA (1-800-586-4872)
   - National Cancer Institute (877-44U-QUIT (877-448-7848)

Support Groups

1. **Online Support** for People with Mental Health Conditions
2. **Virtual Recovery Resources**
3. **Digital Support** Resources
4. **Hearing Voices Network**
5. **Schizophrenia and Related Disorders Alliance of America**
6. **SMART Recovery**
7. **Peer Service Offerings via** (led by Familiar Faces Peer trainers) Please view this link for instructions on signing into groups ([https://www.peerworkforcealliance.org/covidwebinarsaccess](https://www.peerworkforcealliance.org/covidwebinarsaccess))

   - **Monday:** Monday Motivations with Stephanie Lane 6:00-7:30 pm [Join Weekly Here](#)
   - **Tuesdays:** Trauma Informed Tuesdays 6:00-7:30 pm [Join Weekly Here](#)
   - **Wednesdays:** Wellness Wednesdays 6:00-7:30 pm [Join Weekly Here](#)
   - **Thursdays:** Recovery in Isolation 6:00-7:30 pm [Join Weekly Here](#)
   - **Family Fun Fridays:** Family Hacks for Quarantined Times 6:00-7:30 pm [Join Weekly Here](#)
   - **Saturday Stories:** Inspirational Stories of Resilience 10:00-11:30 am [Join Weekly Here](#)
   - **Saturday Night:** Jams, Comedy, Slam Poetry, Musical Jam Sessions 7-9 pm [Join Weekly Here](#)
   - **Sunday Morning:** Sandra Kozlowski Singing Bowls and Meditation 10:00-11:30 am [Join Weekly Here](#)

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**Online and Mobile Applications For Mindfulness and Wellness**

1. [Choice by The Sussex Voices Clinic](#) – Voice management app
2. [COVID Coach](#)

**CBT-Informed**

3. [STOPP App](#)
4. [Catch It](#)
5. [Mood Coach](#)
6. [MCT and More](#)

**Safety Plan**

7. [My3 App](#)
8. [My Mental Health Crisis Plan](#)

**Relaxation and Mindfulness**

9. [Headspace](#)
10. [My Noise](#)
11. [Insight Timer](#)
12. [Stop and Think](#)
13. [Sanvello](#)
14. [Smiling Mind](#)
15. [Breath Ball](#)
16. [Breathe2Relax](#)
17. [BrainHQ](#)
18. [Happify](#)

**To Quit Smoking**

19. [MyQuit Coach](#)
20. [Smoke Free](#)
21. Visit [https://onemindpsyberguide.org/apps/](https://onemindpsyberguide.org/apps/) for more mobile apps
Handouts

1. Coronavirus Anxiety Workbook
2. How to Prepare for a Video Appointment with Your Mental Health Clinician
3. COVID-19 Information and Resources: Commonly Asked Questions (NAMI)
4. Coronavirus and Mental Health: Taking Care of Ourselves During Infectious Disease Outbreaks (APA)
5. How to Care for Yourself While Practicing Physical Distancing
6. Coping with Stress
7. Mental Health and Psychosocial Considerations During COVID-19 Outbreak
8. Taking Care of Yourself During a Public Health Emergency

Online Support Groups for Substance Use

1. Alcoholics Anonymous Online
2. Alcohólicos Anónimos en Línea.
3. Narcotics Anonymous by phone and online
4. Narcotic Anonymous Speakers
5. Cocaine Anonymous Online
6. Marijuana Anonymous Meeting Finder
7. Nicotine Anonymous
8. Recovery Speakers
9. Sober Recovery Forum
10. Embrk: Recovery Support Events
11. Herren Project
12. In The Room: Recovery Meetings
13. Lifering Online Meetings
14. Lionrock Recovery: Online AA and Support Groups
15. The Phoenix
16. Recovery Dharma Online
17. Redditors in Recovery
18. Refuge Recovery
19. Smart Recovery and Smart Recovery New England
20. Soberocity
21. Sober Grid
22. Soberistas
23. Sober Mommies
24. Women for Sobriety and Women for Sobriety Online