

COVID-19 Resources

Helpful Information and Tips for Dealing with COVID-19

APRIL 3, 2020

By L. Kevin Chapman, Ph.D., HSP, Licensed Clinical Psychologist, The Anxiety and Depression Association of America (ADAA) and the American Federation of Teachers

Project Parachute— Pro Bono Therapy for COVID-19 Frontliners

bit.ly/2R1BBLH

Healthcare workers across the country are facing unprecedented challenges as they work to contain COVID-19. As a result, Eleos Health is launching Project Parachute, an initiative to provide pro bono therapy for frontline healthcare professionals.

Click on the **“I’m a health care professional”** option to access this service. FAQs are also available that will provide more information about this service.

The Anxiety and Depression Association of America (ADAA)

bit.ly/3dExvmu

ADAA’s mission focuses on improving quality of life for those with anxiety, depression, obsessive-compulsive disorder, post-traumatic stress disorder, and co-occurring disorders through education, practice and research.



Image and FIGHT COVID graphic by
L. Kevin Chapman, Ph.D., HSP, Licensed Clinical Psychologist

The ADAA understands that for many in our public community— especially those who struggle with health anxiety—the current coronavirus outbreak is triggering increased anxiety, especially with such heightened media attention.

In response, the ADAA has created a resource page (updated daily) to provide helpful tips and strategies from the association’s mental health professionals to help you or a loved one struggling

Find these resources and more at www.aft.org/coronavirus

The **American Federation of Teachers** is a union of 1.7 million professionals that champions fairness; democracy; economic opportunity; and high-quality public education, healthcare and public services for our students, their families and our communities. We are committed to advancing these principles through community engagement, organizing, collective bargaining and political activism, and especially through the work our members do.

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with anxiety around the coronavirus pandemic or with general health anxiety concerns. The ADAA blog posts and videos contain information you need to know about the virus and helpful tips about how to mitigate against increased anxiety.

Go to the “**Learn from Us**” link at the top bar for links to blogs, videos and other resources.

Video, Blog and Podcast Resources

VIDEOS

- **Anxiety & COVID-19 Part 1: Managing Anxiety & Uncertainty, (bit.ly/2URhGAq)** Four anxiety specialists share tips and strategies for managing anxiety and navigating uncertainty during the coronavirus pandemic: Amy Jacobsen, Lindsey Murray, Ashley Smith and Heather Smith
- **Anxiety & COVID-19 Part 2: Tips for Parents, (bit.ly/2X0Pyh2)** Four anxiety specialists share tips and strategies to help parents guide their children through the uncertainty and stress of the coronavirus pandemic.
- **Coping with Coronavirus Anxiety, (bit.ly/2UBliaw)** Feeling overwhelmed by the coronavirus pandemic? Here is some helpful advice from **@drluanamarques**, associate professor of psychiatry at Harvard Medical School. TheGuardian.com, Instagram video with Luana Marques

PODCASTS AND BLOGS

- **An Actionable Exercise to Help Ground You During Uncertain Times and Dealing with Anxiety During a Pandemic, (bit.ly/2JsaSE7)** April Seifert, Peak Mind Psychology Center
- **Child and Caregiver Anxiety and Fears about COVID-19, (bit.ly/2UQYjY5)** Vimeo Podcasts, The Child and Adolescent Mood and Anxiety Treatment Program at the University of Miami has created this channel to share informative videos to support children and their caregivers regarding anxiety and stressors about the coronavirus.

- **Ten Percent Podcast with Dan Harris: Coronavirus Anxiety, (bit.ly/2xJnALO)** The Ten Percent Happier app provides guided mediations and practical teachings you can carry anywhere. Episode No. 234 is free: How to Engage Corona-Deniers (and Other Ethical Dilemmas) with Dan Harris. Healthcare workers can get free access to the app here: **bit.ly/2UVmGn**
- **Dr. Jon Grayson—Coronavirus (COVID-19) & OCD, (bit.ly/2X1PWfg)** “The OCD Stories: Real stories that educate and inspire those with OCD”
- **Life in the Time of Quarantine: A Blog Series, (bit.ly/3bluL5K)** Interviews with working professionals most affected by the world’s current state. Michelle Lozano

General Article Resources

- **Managing Anxiety and OCD During COVID-19, (bit.ly/39vRHUx)** AustinAnxiety.com, Amanda Hilberg, Ellie Jin, Samantha Myhre, Rebecca Suffness, Lauren Weathers, Psychology Postdoctoral Fellows
- **Recommendations for Children and Parents: Managing Anxiety and OCD During COVID-19, (bit.ly/2UwTe8y)** AustinAnxiety.com, Amanda Hilberg, Ellie Jin, Samantha Myhre, Rebecca Suffness, Lauren Weathers, Psychology Postdoctoral Fellows
- **Social Distancing: Tips to Navigate the New Normal, (bit.ly/3466RP1)** Eric Storch. Momentum is Baylor College of Medicine’s blog that spans health news, medical education updates, healthcare, community, and events around the Baylor College of Medicine.
- **If You’re Feeling Overwhelmed, Here’s a Science-Backed Way to Take Control, (bit.ly/3bEMeMz)** How ‘Cognitive Reframing’ Can Help You Through the Coronavirus Pandemic. Markham Heid, ElementalMedium.com
- **Can I Complain About Coronavirus? Why It Is OK to Vent, Sometimes, (bit.ly/3azpEF3)** TheConversation.com, Arash Javanbakht, assistant professor of psychiatry, Wayne State University

- **How to Ease Children’s Anxiety About COVID-19, (bit.ly/3bGR8IP)** Kids, too, may be feeling worried—especially if they already have an anxiety disorder. Fortunately, there are things we can do to help our kids cope. Dawn O’Malley, NAMI.org
- **Talking to Kids About the Coronavirus, (bit.ly/2QZe65V).** Kids worry more when they’re kept in the dark, ChildMind.org, Rachel Ehmke
- **I Have a Question About Coronavirus, Clear Answers for All Children—Free Digital Download, (bit.ly/2R4IKuZ)** The coronavirus pandemic is a difficult topic for parents to explain to any child, perhaps even more so when the child has autism spectrum disorder or other special needs. Many of these children process information in a concrete manner, prefer established routines, and need support to understand and interpret emotions. “I Have a Question about Coronavirus” was written to provide a straightforward resource that takes these considerations into account and seeks to cover the wide range of questions that emerge as children (and adults) grapple with this global emergency, Arlen Grad Gaines and Meredith Englander Polsky
- **Universities’ Response to Supporting Mental Health of College Students During the COVID-19 Pandemic, (bit.ly/3aEvJjq).** As college students comprise a demographic with a growing burden of mental illness, public health emergencies pose special challenges to this population, PsychiatricTimes.com, Rachel Conrad, MD; Harika Rayala; Meera Menon, MD; and Kruti Vora
- **Coronavirus Threat Escalates Fears— and Bigotry, (bit.ly/2R1iVMk)** Psychologists are pointing to their research to help quell anxiety about a pandemic, APA.org, Ashley Abramson
- **Talking About COVID-19: A Call for Racial, Economic, and Health Equity, (bit.ly/2JI2yjP)** OpportunityAgenda.com, Elizabeth Johnsen
- **Is There Any Good News about the Coronavirus Pandemic?, (bit.ly/2X1cL2o)** As in most major disasters, tragedies and public health threats, there are reasons for hope, and even optimism, HarvardHealth.edu Robert H. Shmerling, MD, (bit.ly/2UA7qgW) Faculty editor, Harvard Health Publishing
- **Radical Healing in Times of Fear and Uncertainty, (bit.ly/3dLGHpd)** PsychologyToday.com, Helen A. Neville, Nayeli Y. Chavez-Dueñas, Hector Y. Adames, Bryana H. French, Jioni A. Lewis, Della V. Mosley, and Grace A. Chen, The Psychology of Radical Healing Collective.

Community Partner Posts and Resources

- **Guide to Mental Health Resources for COVID-19, (bit.ly/3aBazmi)** The Department of Psychiatry at Massachusetts General Hospital 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.
- AllMentalHealth.org: **Supporting Your Mental Health During Coronavirus Resource List (bit.ly/2R5vxIE)** Access free resources designed to help you care for your mental health and well-being during the coronavirus pandemic.
- **Mental Health America: Asian Americans Experience Sharp Increase In Percentages Screening With Severe Anxiety. Why? (bit.ly/39B66if)** During the early stages of the coronavirus pandemic, people who identify as Asian Americans or Pacific Islanders on mental health screens are showing the sharpest increase in percentages experiencing severe anxiety, according to new screening data by Mental Health America, MHA. org, Paul Gionfriddo, president and CEO of MHA, Madeline Reinert, program manager of Population Health at MHA, and Jennifer Cheang, associate director of Digital Marketing at MHA.

- National Alliance on Mental Health: **COVID-19—Resource and Information Guide**, (bit.ly/2JxZYwG) NAMI.org
- The American Foundation for Suicide Prevention: **Mental Health and COVID-19 Toolkit and Helpful Resources**, (bit.ly/3bJzkNm), AFSP.org
- **The Good News Network: (bit.ly/2wT5tDh)** has an archive of 21,000 positive news stories from around the globe.