

Coronavirus (COVID-19) Resources:

Source	Title, hyperlink and publication date.	Description
U.S. Health and Human Services/Substance Abuse and Mental Health Services Administration (SAMHSA)	SAMHSA Disaster Distress Hotline Last Update April 2020 www.samhsa.gov/find-help/disaster-distress-helpline	A helpline providing 24/7, 365 days a year support to those experiencing emotional distress related to natural or human-related disasters
Massachusetts General Hospital (MGH) Center for Women's Mental Health	COVID-19 Mental Health Resources https://womensmentalhealth.org/resource/covid-19-mental-health/	Support and resource page for parents and families.
National Alliance on Mental Illness (NAMI)	COVID-19 Information and Resources Last Updated April 2020 https://www.nami.org/Support-Education/NAMI-HelpLine/COVID-19-Information-and-Resources/COVID-19-Resource-and-Information-Guide	Resource and information guide for those experiencing stress and anxiety related to COVID-19.