



***Self-Help and Recovery Support Resources
for Individuals at Home
During the COVID-19 State of Emergency***

Developed by Office of Recovery Services

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YOU ARE NOT ALONE!

We understand that COVID and social distancing can be very isolating and stressful for people living with or in recovery from mental health and substance use disorders, as well as caregivers and family members of individuals with mental health and substance use disorders. Below you will find resources to learn, connect, and cope with COVID related stress.

If you are experiencing a crisis and need immediate assistance, contact your local behavioral health emergency services department (phone numbers can be found here: [Emergency Services by County](#)), call 9-1-1, or visit the nearest emergency room

Dial 211 – 211 is a free, confidential referral and information helpline and website that connects people of all ages and from all communities to essential health and human services they need, 24 hours a day, seven days a week. 211 can be accessed by phone or computer.

Live Support

These are real-time (not recorded) support groups that may be led by peers or professionals. Some can be accessed by telephone and others are “virtual” - available through the internet or a smartphone application (app). Virtual support groups often include the option to see and hear other individuals participating in the group on your smartphone or computer.

Telephonic Support

- ❖ Alcoholics Anonymous (AA) Phone Meetings <http://aaphonemeetings.org/>

Information about phone meetings:

- ❖ Mental Health America of Virginia Non-Emergency Warm Line 866.400.6428 M-F 9am-9pm; Sat-Sun 5pm-9pm
- ❖ National Suicide Lifeline (800)273-8255 or chat online at suicidepreventionlifeline.org
- ❖ The Trevor Project (866) 488-7386 or www.thetrevorproject.org
- ❖ Trans Lifeline (877) 565-8860
- ❖ The National Domestic Violence Hotline is 24/7, confidential and free: **1-800-799-7233** and through [chat](#).
- ❖ The National Sexual Assault Hotline is 24/7, confidential and free: **800.656.HOPE (4673)** and through [chat](#).
- ❖ The [StrongHearts Native Helpline for domestic/sexual violence is available 7am-10pm CT, confidential, and specifically for Native communities:1-844-762-8483](#)

- ❖ The [Trans LifeLine for peer support for trans folks 9am-3am CT:1-877-565-8860](#) *This hotline is staffed exclusively by trans operators is the only crisis line with a policy against non-consensual active rescue.*
- ❖ [National Parent Helpline Monday -Friday 12pm-9am CT emotional support and advocacy for parents:1-855-2736](#)
- ❖ Disaster Distress Hotline - A free, national hotline providing 24/7, 365- day-a-year crisis counseling and support to people experiencing emotional distress related to disasters (including infectious disease outbreak). Trained counselors offer crisis counseling, information on recognizing distress, tips for healthy coping, and referrals for local care. For English speaker, call 1-800-846-8517 or text TalkWithUs to 66746. **For Spanish speakers, call 1-800-985-5990 and press "2."**

Virtual Meetings

- ❖ 12-Step Recovery Yoga Online meetings
 - Tuesday: 5:30-7:00 pm <https://zoom.us/j/210822932>
 - Thursday: 5:30-7:00 pm <https://zoom.us/j/238480178>
- ❖ Celebrate Recovery Official YouTube Channel
<https://www.youtube.com/channel/UCv7GX5UiTVF1jtBSC2gaVig/videos>
- ❖ Depression and Bipolar Online Support Groups
<https://www.dbsalliance.org/support/chapters-and-support-groups/online-support-groups/>
- ❖ Friends in Recovery Virtual Support Meetings with Genesis House
 - Register for 12:00 p.m. meetings here.
https://zoom.us/meeting/register/up0rcumvqj0swFIYm-NhjR_6m7W84R3b-w
 - Register for 7:00 p.m. meetings here.
<https://zoom.us/meeting/register/v5Atce-prTsvstFRq0Z0RwsreyR3CIUW5w>
- ❖ Refuge Recovery
<https://refugerecovery.org/meetings?tsml-day=any&tsml-region=online-english>
- ❖ ShatterProof - Virtual Recovery
<http://view.email.shatterproof.org/?qs=ff3b306626ad495a2e93efa4deeb001084ec46afbdebd9be19055984f49adef1177002226b9e9f27bfc911a1f75307403a5bedcd1ac49f80490db9e125b5ba3f593e189f3d9307d2f6707ee98cfa142>
- ❖ McShin Virtual Groups & Podcasts <https://mcshin.org/blog/get-in-the-herd-podcast/>
- ❖ SMART Recovery Online Community and Meetings
<https://www.smartrecovery.org/community/>
- ❖ Al-Anon Electronic Meetings <https://al-anon.org/al-anon-meetings/electronic-meetings/>
- ❖ Narcotics Anonymous Virtual meeting list <https://virtual-na.org/meetings/>
- ❖ In the Rooms – Global Recovery Community <https://www.intherooms.com/home/>
- ❖ Alcoholics Anonymous (AA) <https://www.onlinegroupaa.org/>

Podcasts

Podcasts can be accessed through apps like Apple Podcast, Stitcher, Spotify, and Google Podcasts. If you do a Google search for “recovery podcasts” or “mental health podcasts,” you will find many options available.

Youtube Channels

You can do a search for recovery and/or mental health recovery videos to provide support and information during COVID.

Phone Applications (Apps)

Use your iPhone (using the App Store) or Android Smartphone (using Google Play Store) to help your mind and body wellness for a healthier, happier life and get the most out of your day.

- ✓ Calm
- ✓ Headspace
- ✓ Breathe2Relax
- ✓ Mindshift CBT
- ✓ Woebot
- ✓ Stop, Breathe, and Think
- ✓ PTSD Coach
- ✓ Quarantine Chat
- ✓ Sober Grid
- ✓ AA Big Book Free – For Alcoholics Anonymous
- ✓ Shine

COVID Information

- ❖ Center for Disease Control CDC <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- ❖ Coronavirus: Tips for Reducing Stress
<https://static1.squarespace.com/static/50a50853e4b013b04b89ffc5/t/5e6eb55f05dada745c8f0e44/1584313695982/2020-03+coronavirus+stress+mgmt.pdf>
- ❖ DBHDS COVID WEBSITE <http://www.dbhds.virginia.gov/covid19>
- ❖ Free App to support people in recovery during COVID 19
<https://www.addictionpolicy.org/connections-app>
- ❖ Medicare and Coronavirus https://www.medicare.gov/medicare-coronavirus?utm_campaign=20200318_gmd_prv_gal&utm_content=english&utm_medium=email&utm_source=govdelivery
- ❖ SAMHSA’s COVID-19 Guidance and Resources:
<https://www.samhsa.gov/coronavirus>
- ❖ Virginia Department of Health <http://www.vdh.virginia.gov/>
- ❖ World Health Organization's Mental Health Considerations During COVID-19 Outbreak
<https://www.faams.org/wp-content/uploads/2020/03/Mental-Health-Considerations-During-the-COVID-19-Outbreak-3-6-2020.pdf>

- ❖ CDC: Mental Health & Coping During Covid-19 <https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>
- ❖ CDC: Stigma and Resilience During Covid-19 <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/reducing-stigma.html>
- ❖ SAMHSA: Coping with Stress During Infectious Disease Outbreaks <https://store.samhsa.gov/product/Coping-with-Stress-During-Infectious-Disease-Outbreaks/sma14-4885>
- ❖ SAMHSA: Taking Care of Your Behavioral Health: Social Distancing <https://store.samhsa.gov/product/Taking-Care-of-Your-Behavioral-Health-During-an-Infectious-Disease-Outbreak/sma14-4894>
- ❖ Mental Health America: <https://mhanational.org/living-mental-illness-during-covid-19-outbreak-preparing-your-wellness>
- ❖ Mental Health First Aid: <https://www.mentalhealthfirstaid.org/2020/03/how-to-bethedifference-for-people-with-mental-health-concerns-during-covid-19/>

Resources for Families with Children

- ❖ The National Child Traumatic Stress Network (NCTSN) <https://www.nctsn.org/resources/parent-caregiver-guide-to-helping-families-cope-with-the-coronavirus-disease-2019>
- ❖ Child Mind Institute: Supporting Families during COVID-19 <https://childmind.org/coping-during-covid-19-resources-for-parents/>
- ❖ Resource Guide for Families: Quality Matters Resource Guide - COVID-19 National Association of School Psychologists: Talking to Children About COVID-19 [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](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)
- ❖ NPR: Just for Kids: A Comic Exploring The New Coronavirus PBS: How to Talk to Your Kids about COVID-19 (tips, videos & resources) <https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus>

WHO: Helping Children Cope with Stress During the COVID-19 Outbreak https://www.who.int/docs/default-source/coronaviruse/helping-children-cope-with-stress-print.pdf?sfvrsn=f3a063ff_2

Condition-Specific Behavioral Health Resources

Stress, Depression and Anxiety Resources: Anxiety and Depression Association of America Resource List: <https://adaa.org/finding-help/coronavirus-anxiety-helpful-resources>

How to Help Someone with Depression or Anxiety during COVID-19 Pandemic:

<https://www.mentalhealthfirstaid.org/2020/03/how-to-help-someone-with-anxiety-or-depression-during-covid-19/>

Health Anxiety: Health Anxiety Help Sheet

Substance Use Disorder Potential COVID-19 Implications for Substance Use Disorder:

<https://www.drugabuse.gov/about-nida/noras-blog/2020/03/covid-19-potential-implications-individuals-substance-use-disorders>

Harm Reduction Resources for People who use Drugs: <https://harmreduction.org/miscellaneous/covid-19-guidance-for-people-who-use-drugs-and-harm-reduction-programs/>

Obsessive-Compulsive Disorder Resources: Tip Sheet for Coping with COVID-19 (OCD specific):

<https://www.shalanicely.com/wp-content/uploads/2020/03/Tip-Sheet-OCD-Coronavirus-Concerns.pdf>

Resources from the International OCD Foundation: <https://iocdf.org/covid19/>

Dr. Jon Grayson on coping with COVID-19 with OCD: <https://theocdstories.com/podcast/dr-jon-grayson-coronavirus-covid-19-ocd/>

[Dermatillomania During COVID-19](#)

Domestic Violence Resources:

Staying Safe during COVID-19 for survivors of domestic violence (National Domestic Violence Hotline):

<https://www.thehotline.org/2020/03/13/staying-safe-during-covid-19/>

antenerse segurx dur M ante COVID-19 – La Línea Nacional Contra la Violencia Doméstica:
<https://espanol.thehotline.org/2020/03/18/mantenerse-segurx-durante-covid-19/>

Trauma/Post Traumatic Stress Disorder Resources:

Coping with COVID-19 in the context of PTSD:
https://www.ptsd.va.gov/covid/COVID_managing_stress.asp

Self-Help and Self-Care Resources

- ❖ ‘FACE COVID’ - How to respond effectively to the Corona crisis, by Dr Russ Harris, author of The Happiness Trap. ‘FACE COVID’ is a set of practical steps for responding effectively to the Corona crisis, using the principles of acceptance and commitment therapy (ACT). Here’s a quick summary of the key steps, full document here: https://drive.google.com/file/d/1Q5-WQbw1q7qM9ZU3sIUeYx1_3uITGtxn/view

- ❖ Keep Your Mind Grounded- Mental Health America
<https://www.mhanational.org/sites/default/files/B2S%202018%20Worksheet%20-%20Keep%20Your%20Mind%20Grounded.pdf>

- ❖ 5 Minute Mindfulness Meditation - Diana Winston
<https://www.uclahealth.org/marc/mindful-meditations>

- ❖ Care for your Coronavirus anxiety: <https://www.virusanxiety.com/>; see also <https://www.virusanxiety.com/take-care>
- ❖ Social Support—Getting & Staying Connected: <https://mhanational.org/stay-connected>
- ❖ Self-Care Kit—Creating Your Special Place:
<http://socialwork.buffalo.edu/content/dam/socialwork/home/self-care-kit/exercises/creating-your-special-place.pdf>

- ❖ Alcoholics Anonymous (AA) https://www.aa.org/pages/en_US/find-aa-resources
- Check individual districts for current information and virtual meetings
- ❖ Narcotics Anonymous <https://www.na.org/meetingsearch/>
- Check individual districts for current information and virtual meetings

Veterans

- ❖ U.S. Department of Veteran's Affairs
<https://www.ptsd.va.gov/covid/index.asp>

LGBT

- ❖ GLMA's Directory of LGBTQ-friendly medical providers
<http://www.glma.org/index.cfm?fuseaction=Page.ViewPage&PageID=939>
- ❖ VOCAL-local and national LGBTQ resources
<https://vocalvirginia.org/connect/vocal-network-initiatives/lgbtq-issues/>
- ❖ Virginia Dept. Of Health-Resources for LGBTQ Youth
<http://www.vdh.virginia.gov/adolescent-health/resources-for-lgbtq-youth/>
- ❖ Alcoholics Anonymous Online LGBT Support Groups
http://aa-intergroup.org/directory_glbtp.php

SPANISH MENTAL HEALTH/COVID-19 RESOURCES -- TITLES ARE IN ENGLISH, RESOURCES IN SPANISH

[CDC – Manage Anxiety & Stress](#)

[Coping with Stress and Social Distancing During the Covid-19 Outbreak](#) (This has NY contact information, but the details are still relevant)

SAMSHA [Taking Care of Your Behavioral Health: Tips for Social Distancing, Quarantine, and Isolation During an Infectious Disease Outbreak](#)

[Parent/Caregiver Guide to Helping Families Cope with the Coronavirus Disease 2019 \(COVID-19\) - Materials published by the National Childhood Traumatic Stress Network with information on family readiness, response, and helping children cope.](#)

Other Resources

- ❖ 100 things to do while stuck inside.
<https://www.usatoday.com/story/life/health-wellness/2020/03/16/coronavirus-quarantine-100-things-do-while-trapped-inside/5054632002/>
- ❖ Virginia Peer Recovery Specialist Network Job Board
<https://virginiapeerspecialistnetwork.org/internships/find-internship/>

Internet Access

- ❖ Free or low cost internet access and wifi hotspot access during the current COVID-19 crisis.
<https://corporate.comcast.com/covid-19> -- <http://wifi.xfinity.com/>
- ❖ Comcast Home Essentials is a low-cost home internet package for individuals and households, is now available for free for the first two months. <https://www.internetessentials.com/covid19>
- ❖ Access from AT&T is a low-cost home internet package for qualifying individuals and households (no special for COVID-19 but still available at a low cost).
<https://m.att.com/shopmobile/internet/access/#!/startedStep>
- ❖ Spectrum broadband and Wi-Fi access will be available to households with K-12 and/or college students who do not already have a Spectrum broadband subscription. Currently, this promotion is scheduled to last for 60 days after March 16. To enroll, call 1-844-488-8395. Installation fees will be waived for new student households. <https://www.spectrum.net/>

Mobile Phone/Data/Hotspot Resources

- ❖ Mobile Carrier Response to COVID-19:
<https://www.ctia.org/news/blog-keeping-us-connected-through-covid-19>
- ❖ SafeLink/TracFone and other mainstream carriers are pledging more data, no phone cut-offs and longer payment times to ensure connectivity. Accessing Free* phone for low-income individuals (application online):
https://www.safelinkwireless.com/Enrollment/Safelink/en/Web/www/default/index.html#!/newHome?utm_source=dmecc&utm_medium=ST_Referral&utm_content=click_to_apply&utm_campaign=COVID

Housing Resources

- ❖ Virginia Legal Aid Society- may be able to assist with cases such as landlord Disputes and Evictions, Subsidized and Public Housing, Mortgage Foreclosures, Hazardous Conditions, Utilities
<http://vlas.org/>
- ❖ Your Rights as a Tenant During the COVID 19 Outbreak
<file:///C:/Users/kfs35534/Downloads/COVID-19.pdf>
- ❖ Suggestions if you can't pay your rent/mortgage because of COVID 19 pandemic
<https://www.cnbc.com/2020/03/18/what-to-do-if-you-cant-make-your-rent-or-mortgage-payments.html>