



Protecting Your Mental Health During the Coronavirus Outbreak

Recommended Mental Health and Well-being Apps

- **100+ Mental Health Resources for COVID-19** - <https://www.detoxlocal.com/resources/covid19/>
- **TherapyForBlackGirls.com** - Blogs and podcasts that are updated weekly, with so many topics focused on healthcare, wellness, anxiety, depression and women's issues. This page requires more of a deep dive, but once you dig in; there is hope and inspiration in abundance.
<https://therapyforblackgirls.com/>
- **TherapyForBlackMen.org** - A great site that focuses on breaking the stigma that accompanies mental illness, and has great resources and encourages men to seek culturally competent care.
<https://therapyforblackmen.org/>
- **The Impact of COVID-19 On Mental Health** - <https://www.mentalhealthfirstaid.org/2020/07/the-impact-of-covid-19-on-mental-health/>
- **Quick Relaxation Techniques** - I had one school say this has helped tremendously with student stress and anxiety. https://www.k-state.edu/counseling/resources/self_help/relaxationtechniques.html
- **Love Is Louder**- from the JED Foundation. All about coping with stress and anxiety during social distancing <https://www.loveislouder.org/>
- **18%**- <https://18percent.org/> - a free peer-to-peer online community for mental health support.
- **Mindshift**-Free evidence-based anxiety relief <https://www.anxietycanada.com/resources/mindshift-cbt/>
- **Liberate**- Mindfulness practice; developed by and for people of color. <https://liberatemeditation.com/>
- **Headspace**- For mindfulness and meditation. <https://www.headspace.com/headspace-meditation-app>
- **The National Suicide Prevention Lifeline** - The Lifeline provides 24/7, free and confidential support for those in distress - 1-800-273-8255. <https://suicidepreventionlifeline.org/>
- **The Summit Wellness Group** - Comprehensive guide that features 36 suicide prevention resources.
(<https://thesummitwellnessgroup.com/resources/suicide-prevention/>)

- **The Steve Fund** - The Steve Fund is the nation's only organization focused on supporting the mental health and emotional well-being of young people of color. <https://www.stevfund.org/>
- **SAMHSA** - Substance Abuse and Mental Health Services Administration: SAMHSA's Treatment Locator - Resource for finding treatment facilities confidentially and anonymously: <https://findtreatment.samhsa.gov/>.
- **Detox Local** - Provides medically reviewed guides on every aspect of the drug & alcohol withdrawal process, as well as a list of SAMHSA-approved medical detox centers: <https://www.detoxlocal.com/>
- **National Institute on Drug Abuse** - Suggestions and resources for friends and family members on finding viable treatment options: <https://www.drugabuse.gov/publications/principles-drug-addiction-treatment-research-based-guide-third-edition/frequently-asked-questions/where-can-family-members-go-information-treatment>.