

Mental Health Resources During COVID-19



Following quarantine guidelines may feel really isolating, but there are resources to help you through it. Feelings can be confusing, and they don't need to make sense to others to be valid. Sometimes we need to talk it out with someone. Know that you can contact a therapist, guidance counselor, or one of these other resources:

Disaster Distress Helpline: Call 1-800-985-5990 or text TalkWithUs to 66746. The Disaster Distress Helpline (DDH) provides crisis counseling and support for anyone in the U.S. experiencing distress or other behavioral health concerns related to any natural or human-caused disaster, including public health emergencies.

Crisis Text Line: Text MHA to 741741 and you'll be connected to a trained Crisis Counselor. Crisis Text Line provides free, text-based support 24/7.

The Trevor Project: Call 1-866-488-7386 or text START to 678678, a national 24-hour, toll free confidential suicide hotline for LGBTQ youth.

Trans Lifeline: Dial 877-565-8860 for USA and 877-330-6366 for Canada. Trans Lifeline's Hotline is a peer support service run by trans people, for trans and questioning callers.

National Domestic Violence Hotline: For any victims and survivors who need support, call 1-800-799-7233 or 1-800-799-7233 for TTY. Or if you're unable to speak safely, you can log onto thehotline.org or text LOVEIS to 22522.

National Sexual Assault Telephone Hotline: Call 800.656.HOPE (4673) to be connected with a trained staff member from a sexual assault service provider in your area.

Caregiver Help Desk: Contact Caregiver Action Network's Care Support Team by dialing 855-227-3640. Staffed by caregiving experts, the Help Desk helps you find the information you need to help you navigate your complex caregiving challenges. Caregiving experts are available 8:00 AM – 7:00 PM ET.

Local Resource: The Center for Hope and Healing, Inc.: For survivors of sexual violence and their loved ones. Get immediate support with their 24-hour hotline by calling 800-542-5212.

7cups: Offers Self help guides, free 24/7 chat (with a person or robot), and online therapy (\$150 a month).

Better Help: For \$60-90 a month, you can get matched with a counselor (Social Workers, Mental Health Counselors and Psychologists).

Additional resources >

LEARN MORE ABOUT THE VACCINE AT:

Greater Lowell Health Alliance: greaterlowellhealthalliance.org/covid-19

Lowell Community Health Center: lhealth.org/patients/covid-19-updates

CDC: cdc.gov/coronavirus/2019-ncov/vaccines/faq.html

MA DPH: mass.gov/info-details/covid-19-updates-and-information# covid-19-vaccine-

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*Source: CDC | Rev. 3/4/21

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RESOURCES FOR BLACK INDIVIDUALS

The Black Emotional and Mental Health Collective: Offers toolkits, training, grants, resources, and online events.

Black Mental Health Alliance: Offers programs, training, and outreach to connect people with therapists.

Therapy For Black Girls: Therapist locator, membership (\$9 a month) for community, podcast, and blog

The Safe Place: App with self-assessments, questions, quotes, tips, and more.

Crisis Text Line: Text MHA to 741741 and you'll be connected to a trained Crisis Counselor. Crisis Text Line provides free, text-based support 24/7.

RESOURCES FOR ASIAN INDIVIDUALS

National Asian American Pacific Islander Mental Health Association: Therapy resources, COVID-19 resources, advocacy, events, and a blog.

Asian Mental Health Collective: FAQs, therapist directory, blog, podcast, and more.

Asian American Psychologist Association: Science, practice, education, policy, COVID resources.

Asian Counseling and Referral Service: Seattle, WA org that helps with older adults, behavioral health, recovery, employment and training, citizenship and immigration assistance, child and youth development, and more.

Asians Do Therapy: Guide for new to therapy and how to find a therapist, resources and media.

Asian Pacific Counseling and Treatment Center: Southern California org with PSAs and other resources.

RESOURCES FOR LATINX/ HISPANIC INDIVIDUALS:

LatinXTherapy: Find a therapist, speaker, resources such as podcasts and books.

Therapy for LatinX: Therapist directory, books, crisis hotline, and screenings.

The Campaign to Change Direction: PSAs, toolkits, helplines, initiatives, and events.

Suicide Prevention Lifeline – Spanish Translation

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