

COVID-19 MENTAL HEALTH RESOURCE LIST

Compiled by the Northwest Portland Area Indian Health Board (NPAIHB)
NPAIHB COVID-19 Updates

COPING WITH STRESS RELATED TO POLITICS

- Centers for Disease Control and Prevention (CDC) - [Coping with a Disaster or Traumatic Event](#)
- The Trevor Project - [Coping with Intense Emotions Around the 2020 Presidential Election](#)
- Substance Abuse and Mental Health Services Administration (SAMHSA) - [Tips for Survivors of a Disaster or Other Traumatic Event: Managing Stress](#)
- SAMHSA - [Mass Violence/Community Violence](#)

CHAT WITH A SUPPORTIVE LISTENER

- [Crisis Text Line](#) - Text "NATIVE" to 741741 to connect with a crisis counselor
- [Disaster Distress Helpline](#) - Call or text 1-800-985-5990
- [National Suicide Prevention Lifeline](#) - Call 1-800-273-8255
- [Lines for Life](#) - 24/7 free, confidential and anonymous help
 - Alcohol and Drug Helpline - 800-923-4357
 - Senior Loneliness Line - 503-200-1633
 - Youthline - 877-968-8491
- [Idaho's COVID Help Now Line](#) - Call or text (986) 867-1073
- [Washington Listens](#) - Call 1-833-691-0211 for support with COVID-19 related stress
- [The Trevor Project](#) - Call 1-866-488-7385 or text "START" to 678-678
- [Trans Lifeline](#) - Call 877-565-8860

TAKING CARE OF YOUR MENTAL HEALTH

- CDC - [Stress and Coping](#)
- National Alliance on Mental Illness - [COVID-19 Information and Resources](#)
- Crisis Text Line - [How to Handle Coronavirus](#)
- American Foundation for Suicide Prevention (AFSP) - [Mental Health and COVID-19](#)
- American Psychological Association - [COVID-19 Information and Resources](#)
- National Indian Health Board (NIHB) - [COVID-19 Community Health Tools](#)
- John Hopkins Center for American Indian Health - [COVID-19 Materials for Tribal Use](#)
- [National Center on Domestic Violence, Trauma and Mental Health](#)
- Suicide Prevention Lifeline - [Coping during COVID-19](#)
- The Trevor Project - [LGBTQ Youth Mental Health and Suicide Prevention](#)

SUBSTANCE USE DISORDER

- Recovery Speakers - [pre-recorded speeches](#)
- In the Rooms - [COVID-19 Online Recovery Resources](#)
- Harm Reduction Coalition - [Guidance for people who use drugs and harm reduction programs](#)
- [Connections App - A free app to support people in recovery during COVID-19](#)

RESOURCES FOR ELDERERS

- CDC - [Older Adults and Coronavirus](#)
- NIHB [Tips for Health and Wellness for Elders](#)
- AFSP - [Caring for Elders](#)

RESOURCES FOR CHILDREN AND YOUTH

- Urban Indian Health Institute [Talking with Children](#)
- Center for American Indian Health [A children's storybook for COVID-19](#)
- CDC [Helping children cope with emergencies](#)
- Child Mind Institute [Talking to Kids about the Coronavirus](#)
- Be Strong Families [Daily Webinars for Parents and Families: COVID-19](#)
- Seize the Awkward [Maintaining Mental Health During Coronavirus](#)

RESOURCES BY STATE

- Washington
 - Washington State Coronavirus Response - [Mental and emotional well-being](#)
 - [Care Connect Washington](#)
- Oregon
 - Oregon Health Authority - [COVID-19 Community Resources](#)
 - Native American Youth and Family Center - [COVID-19 Community Resources](#)
- Idaho
 - Empower Idaho [COVID-19 Mental Health Resources](#)
 - [Idaho Official Resources for the Novel Coronavirus](#)