

MEADOWS
MENTAL HEALTH
POLICY INSTITUTE

Mental Health Resources During a Pandemic

In communities across Texas, families are facing the challenges arising from the Coronavirus (COVID-19) pandemic, and that creates stressors that are as unique to each individual as they are universal in their impact.

The Meadows Mental Health Policy Institute is committed to providing factual and reliable information regarding mental health resources during this crisis. It is critical to actively focus on your mental health as well as that of those in your care. The resources here represent a great place to start.

While we are all maintaining healthy spaces right now, it's important to preserve our social connections. MMHPI's *Okay to Say™* campaign can provide you with ideas on staying mentally healthy and supporting friends and family. Visit okaytosay.org for more information.

Texas Health and Human Services has launched a 24/7 statewide mental health support line to help Texans experiencing anxiety, stress or emotional challenges due to the COVID-19 pandemic. People can call the Statewide COVID-19 Mental Health Support Line 24 hours a day, 7 days a week toll-free at 833-986-1919.

Centers for Disease Control and Prevention (CDC) provides general tips on managing anxiety and stress during COVID-19:

<https://www.cdc.gov/coronavirus/2019-ncov/about/coping.html>

Substance Abuse and Mental Health Services Administration (SAMHSA) – Taking Care of Your Behavioral Health During an Outbreak:

<https://store.samhsa.gov/product/Taking-Care-of-Your-Behavioral-Health-During-an-Infectious-Disease-Outbreak/sma14-4894>

Harvard Medical School advice on coping with coronavirus anxiety:

<https://www.health.harvard.edu/blog/coping-with-coronavirus-anxiety-2020031219183>

For Parents and Caregivers:

National Child Traumatic Stress Network (NCTSN) – Parent/Caregiver Guide to Helping Families Cope with Coronavirus:

<https://www.nctsn.org/resources/parent-caregiver-guide-to-helping-families-cope-with-the-coronavirus-disease-2019>

The Child Mind Institute has compiled resources on talking to children about COVID-19:

<https://childmind.org/article/talking-to-kids-about-the-coronavirus/>

National Association of School Psychologists (NASP) – 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](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)

SAMHSA – Talking with Children: Tips for Caregivers, Parents, and Teachers During Infectious Disease Outbreaks:

https://store.samhsa.gov/sites/default/files/SAMHSA_Digital_Download/PEP20-01-01-006-508.pdf

For Those in Need of Mental Health Services:

For people with severe mental health needs, ensuring ongoing linkages to care is essential. HHSC contracts with 37 local mental health authorities (LMHAs) and two local behavioral health authorities (LBHAs) across Texas to deliver mental health services in our communities. A list of LMHAs and LBHAs in Texas can be found here:

<https://hhs.texas.gov/services/mental-health-substance-use/mental-health-substance-use-resources/find-your-local-mental-health-or-behavioral-health-authority>

A search for public resources by Texas county can be performed here:

<https://hhs.texas.gov/about-hhs/find-us/where-can-i-find-services>

HHSC – Coronavirus (COVID-19) Provider Information for People Receiving Services:

<https://hhs.texas.gov/services/health/coronavirus-covid-19/coronavirus-covid-19-information-people-receiving-services>

<https://www.texasstateofmind.org/covid-19/>