

Mental Health and Medical RESOURCES Relating to the COVID-19 Outbreak

Information and support is always available by phone, text, or online and is updated regularly, so please check often.



HELPFUL MENTAL HEALTH RESOURCES

SAMHSA's Disaster Distress Helpline

Phone: 1-800-985-5990 (English and Spanish)

SMS: Text TalkWithUs to 66746, SMS (español):
"Hablamos" al 66746 TTY: 1-800-846-8517

Website: www.disasterdistress.samhsa.gov

SAMHSA's National Helpline

Phone: 1-800-662-HELP (24/7/365 Treatment Referral
Information Service in English and Spanish)

Website: www.samhsa.gov/find-help/national-helpline

Treatment Locators

Behavioral Health Treatment Services Locator

Website: findtreatment.samhsa.gov/locator

National Suicide Prevention Lifeline

Phone: (English and Spanish): 1-800-273-TALK (8255)

Website: www.suicidepreventionlifeline.org

National Domestic Violence Hotline (24/7)

Phone: 1-800-799-7233 or 1-800-799-7233 for TTY

Text: LOVEIS to 22522

Website: www.thehotline.org

Voices of September 11th

Phone: 1-203-966-3911

Website: www.VoicesofSeptember11.org

Email: VoicesSupport@VoicesofSept11.org

RELIABLE COVID-19 OUTBREAK-RELATED INFORMATION

Centers for Disease Control and Prevention

Website: www.cdc.gov

World Health Organization

Website: www.who.int/en

EXPAND YOUR SOCIAL NETWORK USING TECHNOLOGY

As we adjust to social distancing – personally and professionally, one way to stay in touch with friends and family or connect with colleagues when working remotely, is by using available technology platforms. The following companies are offering free access to online services:

Cisco: Expanded access of their free Webex platform, plus free 90-day licenses are available to businesses that are not Webex customers.

Google: Free access to advanced Hangouts Meet video-conferencing capabilities to all G Suite and G Suite for Education customers globally until July 1, 2020.

LogMeIn: Free "emergency remote work kits" available for three months, including GoToMeeting, presentation platform and remote desktop access provider LogMeIn.

Microsoft: Free six-month license to individuals and IT professionals to access the Teams Office 365 software.

VOICES SUPPORT Phone: 203-966-3911; Email: VoicesSupport@voicesofsept11.org

MISSION From 9/11 to today, VOICES helps families and communities heal after tragedy. VOICES assists communities in preparing for and recovering from traumatic events, and provides long-term support and resources that promote mental health care and wellness, for victims' families, responders and survivors.

Information courtesy of VOICES

voices
www.voicesofseptember11.org

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