

Resources for Family Members and Caregivers

The uncertainty and anxiety surrounding the COVID-19, as well as the increasing isolation, has had a major impact on the mental health of millions. Additionally, with the implementation of “stay home” policies, many people may be facing increased challenges in helping their loved ones manage symptoms of serious mental illness. Likely, these loved ones are also feeling increased distress in light of the circumstances, with less access to mental health services.

Recognizing this, the UW Evidence Based Practices for Adults SPIRIT lab has compiled below a list of resources to aid family members and caregivers in taking care of themselves and their loved ones. These resources range from support groups, mobile applications promoting mental wellness, and educational tools in a variety of modalities.

FINANCIAL SUPPORT

1. [United Way](#) providing at-risk families with financial support

HANDOUTS

1. [Living with worry and anxiety amidst global uncertainty](#)
2. [Coronavirus Anxiety Workbook](#)
3. [Mental Health tips for first responders](#) (applies to families and caregivers caring for someone experiencing acute symptoms of mental illness)
4. [NAMI Guide to Creating a Long-Term Care Plan for a Loved One with a SMI](#)
5. [How Do I Know Someone is Experiencing Anxiety or Depression?](#)
6. [How to Help Someone with Anxiety or Depression During COVID-19](#)
7. [How to Support a Loved One Going Through a Tough Time During COVID-19](#)
8. [BeST Tips for Supporting Your Loved One During COVID-19](#)
9. [Mental Health and Psychosocial Considerations](#) During COVID-19 Outbreak
10. [Coping with Stress](#)
11. [Taking Care of Yourself During a Public Health Emergency](#)

ONLINE AND MOBILE APPLICATIONS FOR SELF-CARE

1. [Headspace](#)
2. [My Noise](#)
3. [Insight Timer](#)
4. [Stop and Think](#)
5. [Sanvello](#)
6. [Smiling Mind](#)

SUPPORT LINES AND SUPPORT GROUPS

1. [Parent hotline: The Boys Town National Hotline](#) (800-448-3000) free resource and counseling service that assists youth and parents 24/7, year-round, nationwide
2. [Washington State Warm Line](#): 1-866-427-4747
3. [Peer Service Offerings](#) led by Familiar Faces Peer trainers. Please view this link for instructions on signing into groups (<https://www.peerworkforcealliance.org/covidwebinarsaccess>)
 - **Examples of groups:** Monday Motivations, Trauma Informed Tuesdays, Wellness Wednesdays, Jams, Comedy, Slam Poetry, Musical Jam Sessions
4. [NAMI Support Groups](#)

WEBINARS

1. [Supporting your Loved One](#) with Mental Illness During COVID-19
2. Our colleagues at the University of Washington, including the [SMART Center](#), [Forefront Suicide Prevention](#), and the [Northwest Mental Health Technology Transfer Center](#) partnered to offer the LEARN® Saves Lives Suicide Prevention Training for Parents/Caregivers 1-hour webinar. The webinar teaches essential skills for suicide prevention that are needed now, during the COVID-19 pandemic, more than ever.
 - Access the webinar here: <https://mhttcnetwork.org/centers/northwest-mhttc/learnr-saves-lives-suicide-prevention-training-parentscaregivers-followed?destination=/group/34/nodes>
 - Access more information on the LEARN Training Model here: <http://www.intheforefront.org/education-training/learn/>