

Resources for those with Serious Mental Illness

The COVID-19 pandemic has resulted in numerous changes to our daily lives, including limited in-person interaction, increased psychiatric symptoms, and changes to mental health services. Included below are a number of resources that offer advice on how to continue to care for yourself (both physically and mentally) during this stressful time. Additionally, there are many online support groups available allowing individuals with similar experiences to continue to meet and support each other virtually.

Reach out to your mental health provider to see what resources are available in your area in addition to the resources below. If you feel that you are in need of immediate services or in danger of harm, call 911 or visit your local emergency room. You can also call the National Suicide Prevention Lifeline at 1-800-273-8255.

Support Lines

1. [Boys Town Hotline](#) -- (800-448-3000)
2. [Washington State Warm Line](#): 1-866-427-4747
3. Crisis Text Line: text TALK to 741741 or visit www.crisistextline.org
4. To quit smoking:
 - 1-800-QUIT-NOW (1-800-784-8669)
 - 1-800-LUNG-USA (1-800-586-4872)
 - National Cancer Institute (877-44U-QUIT (877-448-7848)

Support Groups

1. [Online Support](#) for People with Mental Health Conditions
2. [Virtual Recovery Resources](#)
3. [Digital Support Resources](#)
4. [Hearing Voices Network](#)
5. [SMART Recovery](#)
6. [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

Online and Mobile Applications For Mindfulness and Wellness

1. [Choice by The Sussex Voices Clinic](#) – Voice management app
2. [COVID Coach](#)

CBT-Informed

3. [STOPP App](#)
4. [Catch It](#)
5. [MCT and More](#)

Safety Plan

6. [My3 App](#)
7. [My Mental Health Crisis Plan](#)

Relaxation and Mindfulness

8. [Headspace](#)
9. [My Noise](#)
10. [Insight Timer](#)
11. [Stop and Think](#)
12. [Sanvello](#)
13. [Smiling Mind](#)
14. [Breath Ball](#)
15. [Breathe2Relax](#)
16. [BrainHQ](#)
17. [Happify](#)

To Quit Smoking

18. [MyQuit Coach](#)
19. [Smoke Free](#)
20. Visit <https://onemindpsyberguide.org/apps/> for more mobile apps

Handouts

1. [Coronavirus Anxiety Workbook](#)
2. [How to Prepare for a Video Appointment with Your Mental Health Clinician](#)
3. [COVID-19 Information and Resources](#): Commonly Asked Questions (NAMI)
4. [Coronavirus and Mental Health](#): Taking Care of Ourselves During Infectious Disease Outbreaks (APA)
5. [How to Care for Yourself While Practicing Physical Distancing](#)
6. [Coping with Stress](#)
7. [Mental Health and Psychosocial Considerations During COVID-19 Outbreak](#)

8. [Taking Care of Yourself During a Public Health Emergency](#)
9. [First Person Accounts of Psychosis](#)

Online Support Groups for Substance Use

1. [Alcoholics Anonymous Online](#)
2. [Alcohólicos Anónimos en Línea.](#)
3. Narcotics Anonymous [by phone](#) and [online](#)
4. [Narcotic Anonymous Speakers](#)
5. [Cocaine Anonymous Online](#)
6. [Marijuana Anonymous Meeting Finder](#)
7. [Nicotine Anonymous](#)
8. [Recovery Speakers](#)
9. [Sober Recovery Forum](#)
10. [Embark: Recovery Support Events](#)
11. [Herren Project](#)
12. [In The Room: Recovery Meetings](#)
13. [Lifering Online Meetings](#)
14. [Lionrock Recovery: Online AA and Support Groups](#)
15. [The Phoenix](#)
16. [Recovery Dharma Online](#)
17. [Redditors in Recovery](#)
18. [Refuge Recovery](#)
19. [Smart Recovery](#) and [Smart Recovery New England](#)
20. [Soberocity](#)
21. [Sober Grid](#)
22. [Soberistas](#)
23. [Sober Mommies](#)
24. [Women for Sobriety](#) and [Women for Sobriety Online](#)