

## **General Information**

[Center for Disease Control and Prevention \(CDC\)](#)

[World Health Organization](#)

[World Health Organization - Spanish](#)

## **Managing Stress because of Covid**

[Coping with Stress during Covid outbreak](#)

[National Institutes of Health](#)

[Tips for coping - Mayo Clinic](#)

## **Connect with Spiritual or Religious Community**

[Harvard Divinity School](#)

## **Hotlines**

[AARP Grief Support](#)

[Alcoholics Anonymous \(AA\)](#)

[Crisis Hotline](#)

[Depression Support](#)

[Drug Overdose Support](#)

[National Suicide Prevention Lifeline](#)

[SAMHSA Disaster Distress Hotline](#)

[VirusAnxiety.com](#)

## **Mental Health**

[National Alliance of Mental Health](#)

[Support Group Central](#)

## **Financial Assistance**

[211 - Referrals to organizations offering financial assistance](#)

[IRS - Economic Impact for Individuals](#)

[Need Help Paying Bills](#)

[Resource for local food pantries](#)

[Rx Hope - Prescription Medication Help](#)

[SBA - Small Business](#)

## **Printed Materials**

### **Children/Teens**

[Communicating with Children about Disasters](#)

[What To Do When Death Enters the Life of a Child-Personal Rituals of Healing](#)

[What To Do When Death Enters the Life of a Child-Clichés To Be Avoided](#)  
[Helping Children Grieve](#)  
[How To Cope After Tragedy Strikes-Tips for Teens](#)  
[Helping Teenagers Cope After a Traumatic Event](#)  
[Children, Teens and Suicide Loss](#)

### **Dealing with Loss/Traumatic Event**

[Learn Psychology - Grief Awareness & Understanding](#)  
[Common Reactions Following a Traumatic Event](#)  
[Coping With The Loss Of a Loved One](#)  
[Grief - Practical Suggestions](#)  
[Veteran's Benefits](#)  
[What's Your Grief?](#)  
[Grief | Learn a Healthy Grieving Process | 5 Stages of Grief](#)

### **Domestic Violence**

[Domestic Violence](#)  
[Facts About Domestic Violence](#)  
[Domestic Violence Statistics](#)

### **Suicide**

[After a Suicide: Do's and Don'ts](#)  
[Suggestions For Survivors of Suicide](#)  
[Suggestions for Helping Children Cope with Suicide](#)  
[Suggestions for Coping with Suicide as a Family](#)