

National Hotlines

| | |
|--|---|
| National Domestic Violence Hotline | Confidential, 24/7 text, phone, and chat line. Available for anyone experiencing domestic violence, seeking resources or information, or questioning unhealthy aspects of their relationship. |
| National Sexual Assault Hotline | Confidential, 24/7 phone and chat line. Speak with a trained staff member who can provide confidential crisis support. |
| National Suicide Prevention Lifeline | Confidential, 24/7 phone and chat line for those in distress. |
| Substance Abuse and Mental Health Services Administration (SAMHSA) Hotline | Confidential, 24/7 phone line for treatment referral and information for individuals and families facing mental and/or substance use disorders. |

General COVID-19 Resources

| | |
|---|---|
| CDC: Clean & Disinfect | General recommendations for routine cleaning and disinfection of households for COVID-19 confirmed or suspected households |
| CDC: Frequently Asked Questions About COVID-19 | Frequently asked questions about COVID-19. Contains information about COVID-19, transmission, how to protect oneself, how to prepare the home, etc. |
| CDC: How to Prepare | Checklist for preparation for COVID-19 transmission throughout the community |
| CDC: What To Do If You Are Sick | Steps to help prevent the spread of COVID-19 if you are sick |
| National Institutes of Health: COVID-19 - What You Need to Know | General overview of COVID-19, how to prepare, latest updates, etc. |
| World Health Organization: Q & A on COVID-19 | Q & A of FAQ on COVID-19 |

Crisis & Relief Resources

| | |
|--|---|
| COVID-19 Crisis Resources in Connecticut: Food, Legal Aid, Housing | Hartford Courant article that lists where to find school lunch and breakfasts, soup kitchens, food pantries, housing, rental and tax assistance, plus much more |
| Scholly - COVID-19 Student Relief Fund | Application for \$200 cash assistance for student, parents of students, or graduates |

Fitness & Exercise

| | |
|-------------------------------------|--|
| Six Minute Workouts | These three short workout videos will get your heart pumping and give you a full-body workout without a trip to the gym. |
| Aaptiv | Aaptiv provides over 2,500 audio-based guided workouts allowing you to exercise without looking at a screen. Includes yoga and guided meditation. Aaptiv costs \$14.99 per month or \$99.99 for a year subscription. However, through a partnership with UNiDAYS, Aaptiv offers a 50% discount for students. |
| Down Dog | Down Dog provides a studio-like yoga experience in the comfort of your home. Down Dog will be offered for free until April 1, 2020, and until July 1, 2020 for all students and teachers (K-12 and college) and healthcare workers. |

Loss & Grieving

| | |
|---|---|
| Center for Loss and Life Transition: This Pandemic of Grief | Article by Center for Loss and Life Transition regarding how this pandemic is affecting how we grief, and ways to overcome it |
| Greiving a Loss During the COVID-19 Pandemic | Tips from a funeral home about how to help someone grief a loss during COVID-19 |
| Jewish Grief and Mourning During the COVID-19 Coronavirus Pandemic | Information about Jewish grief and mourning during COVID-19, including the impact on sitting shiva |
| John Hopkins Medicine: Grief and Loss | Overview of greiving process and how to provide support for the bereaved |
| Substance Abuse and Mental Health Services Administration (SAMHSA): Coping With Grief After a Disaster or Traumatic Event | Tips for survivors for coping with grief after a traumatic event or disaster |
| That Discomfort You're Feeling is Grief | Helpful article that explains that much of what we are feeling during COVID-19 is grief, with tips to manage or process it |

Managing Change in Routine and Living Situations

| | |
|--|---|
| American Psychological Association: Psychologists' advice for newly remote workers | Advice for managers and employees regarding working remotely |
| Pearson: Working and Learning Online During a Pandemic | Tips for higher ed faculty, higher ed students, K-12 teachers, students, and families about learning and teaching from home |

Mental Health and Coping

| | |
|--|---|
| Student Health and Wellness: Managing Mental Health During the Pandemic | UConn Student Health and Wellness webpage regarding managing mental health during this pandemic, as well how to reach SHaW mental health services |
| Therapy For Black Girls | Therapy for Black Girls is an online space dedicated to encouraging the mental wellness of Black women and girls. This resource helps connect users with therapists in their local area and hosts a free podcast. |
| AARP: How to Fight the Social Isolation of Coronavirus | Information for older adults about how to combat isolation and loneliness during COVID-19 |
| American Psychological Association: Five Ways to View Coverage of the Coronavirus | Tips for how to view or consume coverage of the COVID-19 to protect mental health |
| American Psychological Association: Pandemics | General list of resources about pandemics and mental health from the American Psychological Association |
| American Psychological Association: Self-care advice for health-care providers during COVID-19 | Self-care advice for healthcare workers on the front lines of the COVID-19 pandemic |
| Institute for Disaster Mental Health: Tips for Community Members: COVID-19: Managing Stress in This Anxious Time | Free stress management tip sheet |
| National Alliance on Mental Health: COVID-19 Information and Resources | NAMI Q&A of commonly asked questions about COVID-19 and mental health |

Mental Health and Coping

| | |
|--|---|
| Psychology Tools: Free Guide To Living With Worry And Anxiety Amidst Global Uncertainty | Free guide to help manage worry and anxiety amongst uncertain times |
| SAMSHA: Taking Care of Your Behavioral Health During an Infectious Disease Outbreak | Tips for managing mental health during quarantine, isolation, and social distancing |
| The National Child Traumatic Stress Network: Parent/Caregiver Guide to Helping Families Cope with COVID-19 | Parent and caregiver guide for dealing with COVID-19 |

Nutrition & Food Access

| | |
|---|--|
| Academy of Nutrition and Dietetics: Coronavirus Resource Page | General overview of COVID-19, addressing food safety concerns, access to food, and debunking myths about supplements and claims for "cures" |
| Academy of Nutrition and Dietetics: Getting Groceries During Quarantine | Tips for food planning and prepping during COVID-19 |
| National Eating Disorders Association: Connections Series | The National Eating Disorder Association is hosting daily 10-20 minute video check-ins that have resources, activities, and more related to managing an eating disorder during COVID-19. |
| Suggestions for Cooking in the COVID-19 Era | Suggestions for shopping when regular options may be missing from the grocery store |
| Veritas Collaborative: Maintaining Eating Disorder Recovery During COVID-19 | Tips for maintaining eating disorder recovery during COVID-19 |

Resources for Reducing Stigma and Reporting Hate Crimes/Racist Incidents

| | |
|--|--|
| Asian Pacific Policy and Planning Council - Incident Report Form | Coronavirus Anti-AAPI Racism incident report form where you can report incidents of hate violence in response to Coronavirus |
| CDC: Reducing Stigma | Ways to counter stigma that people of Asian decent, travelers, or emergency responder/healthcare workers may be experiencing during COVID-19 |

Resources for Specific Populations

| | |
|--|--|
| California LGBTQ Health and Human Services Network: Coronavirus (COVID-19) Information | General resource list about COVID-19 and how it may impact LGBTQ persons or organizations |
| CDC: Are You At Higher Risk for Severe Illness? | Information for older adults, people with HIV, people with asthma, and pregnant women for staying safe during COVID-19 |
| COVID-19 Resources for Undocumented Communities | List of resources, by state, for undocumented individuals, provide by the Betancourt Macias Family Scholarship Foundation. |
| The National Center for Transgender Equality: The Coronavirus (COVID-19): What Trans People Need to Know | General list for trans folks about how COVID-19 may impact them and how to prepare |

Sexual Health & Relationships

| | |
|--|--|
| Hartford Gay and Lesbian Health Collective: Love in the Age of Coronavirus | Safer-sex recommendations for COVID-19 from the Hartford Gay and Lesbian Health Collective |
| NYC Health: Sex and COVID-19 | The NYC Health Department released new guidance surrounding safer-sex in light of the COVID-19 pandemic, with information surrounding known transmission routes and safer-sex recommendations. |
| National Domestic Violence Hotline: Staying Safe During COVID-19 | Staying safe may not be the safest option for some. This is a resource for those that may be at home with an abusive partner during quarantine. |

Sleep

| | |
|-----------------------------|--|
| Noisli | Free app that allows you to mix different sounds together to improve focus and or sleep |
| Pzizz | Free app that uses “dreamscapes” — a mix of music, voiceovers and sound effects — to help you sleep better at night or take power naps during the day |
| Sleep Cycle | This app tracks and analyzes your sleep patterns. Free until further notice in light of COVID-19 |
| Slumber | Free app that includes stories, soundscapes, and meditation designed to quiet the mind. Includes breath control, ASMR, mindfulness, guided imagery, and more |

Social Connection

| | |
|---------------------------------|--|
| Quarantine Chat | Want to stay socially connected to other people who are also stuck at home and want to chat? You can speak over the phone to other people around the world toll-free using this app. Click this link and put your number. Download app “Dialup” to redeem your invite so you can receive calls from people all over. |
| Discord | This free app, originally designed for gamers, allows groups of friends to create a shared server and host chats on different topics, as well as an open audio channel if folks would like to chat as if you were working or gaming in the same room. |
| Netflix Party | This free Google Chrome extension lets you synchronize what you're watching on Netflix with friends and chat about the movie - or whatever! |

Things To Do

| | |
|---|---|
| Virtual Museum Tours | Free virtual museum tours for museums all over the world. Hosted by Google. |
| Virtual National Park Tours | Free virtual national park tours of five national parks in the U.S., hosted by Google |
| YMCA360: Virtual Classes | Free videos of "Y" classes, including barre, yoga, bootcamp, tai-chi, and soccer |
| Audible Stories | Free Audible stories to listen to (mostly children's stories, some classics) |

Substance Abuse/Misuse & Recovery

| | |
|---|---|
| Alcoholics Anonymous - CT Meeting Finders | CT AA Meeting Finder with information for virtual meetings and how to find them |
|---|---|

Stress Management

| | |
|------------------------------|---|
| Headspace | Offering a new collection of meditations called Weathering the Storm. It includes meditations, sleep, and movement exercises to help you out, however you're feeling. |
| SAM | SAM is an application to help you understand and manage anxiety. The app has been developed in collaboration with a research team from UWE, Bristol. |
| #SelfCare | An interactive stress management app that takes you through a moment of self-care through mindful activities |
| Antistress - Relaxation Toys | When you need relaxation, diversion or just a moment of distraction enjoy this collection of toys: hear the sound of a bamboo chime, play with wooden boxes, swipe gently your finger in the water, tap buttons, draw with chalks and so on. |
| Calm | One of the most popular sleep, meditation, and relaxation and apps. |
| CBT Thought Diary | With this thought diary, when you're feeling down you can document your negative emotions, analyze patterns in your thinking, and reevaluate your thoughts. It may even help you recognize ways to deal with your unhelpful patterns of thinking. |
| I Am - Positive Affirmations | How many negative thoughts have been endlessly repeating in your mind? Daily affirmations help rewire our brains, build self esteem and change negative thought patterns. Choose from many daily intentions and set reminders to be delivered throughout the day. |
| Insight Timer | Free meditation app for sleep, anxiety, and stress |
| Liberate | Free meditation app by and for the Black & African Diaspora. Meditation categories include ancestors, love, self worth, gratitude, microaggressions, mindfulness, and more. |
| Mantra - Daily Affirmations | Nothing is more uplifting than self-told words. The latest researches indicate that using positive mantras decreases stress and improves performance on challenging duties. More than 10000+ affirmations from 10 different categories. |
| MindShift™ CBT | MindShift™ CBT uses scientifically proven strategies based on Cognitive Behavioural Therapy (CBT) to help you learn to relax and be mindful, develop more effective ways of thinking, and use active steps to take charge of your anxiety. |
| PTSD Coach | PTSD Coach was designed for those who have, or may have, posttraumatic stress disorder (PTSD) |
| Woebot | Get hundreds of expert-crafted tools to learn about yourself and improve your mood whenever you need them. Free, but contents are limited. Upgrade to premium for more options. |