



## Resources and Referrals

*Fears about COVID-19 can take an emotional toll.  
Here are some resources to help get you and your family through this stressful time.*

### EMPLOYEE RESOURCES

#### For iHealthy Wellness program participants:

- Available at [www.mygilsbar.com](http://www.mygilsbar.com)
- Self Help Works - Stress Reduction and Improve Sleep online programs
- Life-balance telephonic health coaching
- Chronic Care Management:  
1-888-728-7843

#### Phases - Employee Assistance Program:

1-866-603-0700 or 251-478-5050

#### Pastoral Care

251-435-4003



### COMMUNITY RESOURCES

#### New Directions 24/7 support line:

1-833-848-1764 or  
[www.ndbh.com/crisisresources](http://www.ndbh.com/crisisresources)

#### Lifelines Counseling Services 24/7 Crisis Hotline:

1-800-273-8255

#### National Alliance on Mental Illness Helpline:

1-800-273-8255

#### Ala. Domestic Violence Hotline

1-800-650-6522

#### National Suicide Prevention Lifeline

1-800-273-TALK (8255)

#### 24-hour National Hopeline Network

1-800-784-2433

#### Transgender Crisis Hotline

1-877-656-8860

#### LGBT National Hotline

1-866-483-4564

#### Veterans Help Line

1-800-838-2838

#### Alta Pointe

24/7 access to care line: 251-450-2211

#### Feeding the Gulf Coast

251-653-1617

#### Prodissee Pantry

251-626-9315

#### Emotional-Support Help Line

1-866-342-6892

Free access to specially trained mental health specialists to support people who may be experiencing anxiety or stress related to COVID-19. Provided by Optum, the toll-free helpline number, 866-342-6892, will be open 24 hours a day, seven days a week, for as long as necessary. The service is free of charge and open to anyone.

#### SAMHSA Distress Line

800-985-5990

SAMHSA's Distress Helpline provides 24/7, 365 day-a-year crisis counseling and support to people experiencing emotional distress related to human and natural disasters.

#### United Way

[211connectsalabama.org/keyword-search](http://211connectsalabama.org/keyword-search)

Dial 211 for local resources for COVID-19 or use the keyword "Coronavirus" to search.

#### Other Tele-Therapy Resources

*(not covered by health plans)*

Sign up and pay for sessions with a licensed counselor

- Talkspace Online Therapy: Online counseling by text, audio or video messaging at an affordable cost, [talkspace.com](http://talkspace.com)
- Better Help: Professional online counselors available 24/7, private and affordable, [betterhelp.com](http://betterhelp.com)

# ONLINE RESOURCES

## STRESS MANAGEMENT RESOURCES

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### **Manage Anxiety & Stress**

from the Centers for Disease Control & Prevention

[cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html](https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html)

### **Managing COVID-19 Anxiety**

from Anxiety & Depression Association of America

[adaa.org/finding-help/coronavirus-anxiety-helpful-resources](https://adaa.org/finding-help/coronavirus-anxiety-helpful-resources)

### **Coping with Coronavirus Anxiety**

from Harvard Health Publishing, Harvard Medical School

[health.harvard.edu/blog/coping-with-coronavirus-anxiety-2020031219183](https://www.health.harvard.edu/blog/coping-with-coronavirus-anxiety-2020031219183)

### **Coping with Stress during Infectious Disease Outbreaks**

from Substance Abuse and Mental Health Services Administration

[store.samhsa.gov/system/files/sma14-4885.pdf](https://store.samhsa.gov/system/files/sma14-4885.pdf)

## PARENTING & CHILDREN RESOURCES

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### **Talking with Children about Coronavirus**

from the Centers for Disease Control & Prevention

[cdc.gov/coronavirus/2019-ncov/community/schools-childcare/talking-with-children.html](https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/talking-with-children.html)

### **Healthy Children: Novel Coronavirus COVID-19**

from American Academy of Pediatrics

[healthychildren.org/English/health-issues/conditions/chest-lungs/Pages/2019-Novel-Coronavirus.aspx](https://www.healthychildren.org/English/health-issues/conditions/chest-lungs/Pages/2019-Novel-Coronavirus.aspx)

### **Talking with Children about COVID-19: A Parent Resource**

from National Association of School Psychologists and National Association of School Nurses

[higherlogicdownload.s3.amazonaws.com/NASN/3870c72d-fff9-4ed7-833f-215de278d256/UploadedImages/PDFs/02292020\\_NASP\\_NASN\\_COVID-19\\_parent\\_handout.pdf](https://higherlogicdownload.s3.amazonaws.com/NASN/3870c72d-fff9-4ed7-833f-215de278d256/UploadedImages/PDFs/02292020_NASP_NASN_COVID-19_parent_handout.pdf)

### **Tips for Caregivers, Parents and Teachers during Infectious Disease Outbreaks**

from Substance Abuse and Mental Health Services Administration

[store.samhsa.gov/system/files/pep20-01-01-006\\_508\\_0.pdf](https://store.samhsa.gov/system/files/pep20-01-01-006_508_0.pdf)

### **Handwashing and Hand Sanitizer Use from**

the Centers for Disease Control & Prevention

[cdc.gov/handwashing/pdf/hand-sanitizer-factsheet.pdf](https://www.cdc.gov/handwashing/pdf/hand-sanitizer-factsheet.pdf)

## OLDER ADULTS RESOURCES

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### **What do Older Adults and People with Disabilities Need to Know?**

from Administration for Community Living  
[acl.gov/COVID-19](https://www.acl.gov/COVID-19)

### **What You Need to Know About the Coronavirus**

from AARP

[aarp.org/health/conditions-treatments/info-2020/coronavirus-facts.html](https://www.aarp.org/health/conditions-treatments/info-2020/coronavirus-facts.html)

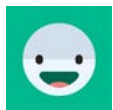
# APPS



**Breath2Relax** — guided breathing exercises  
[Android](#) | [iPhone](#)



**Calm** — leading app for rest and meditation is offering a free curated list of meditations for managing anxiety and stress  
[Android](#) | [iPhone](#)



**Daylio Journal** — mood tracker and private journal  
[Android](#) | [iPhone](#)



**Fear Tools** — tools to deal with anxiety developed by the Anxiety & Depression Association of America  
[Android](#) | [iPhone](#)



**Headspace** — personal meditation guide  
[Android](#) | [iPhone](#)



**Insight Timer** — features 25,000+ free guided meditations  
[Android](#) | [iPhone](#)



**Meditation Studio** — guided meditation and relaxation app  
[Android](#) | [iPhone](#)



**Mood Tools** — tools to deal with depression developed by the Anxiety & Depression Association of America  
[Android](#) | [iPhone](#)



**Remente** — goal setting and self-improvement  
[Android](#) | [iPhone](#)



**Sanvello** — On-demand app for stress, anxiety and depression offering free premium access during the Covid-19 crisis  
[Android](#) | [iPhone](#)



**Self Help for Anxiety Management** — developed by a university team of psychologists, computer scientists and student users  
[Android](#) | [iPhone](#)



**Ten Percent Happier** — features free coronavirus Sanity Guide, guided meditations for coronavirus Responders, along with a podcast, talks and newsletter on how to handle coronavirus anxiety. Healthcare workers not currently subscribed to Ten Percent Happier receive free access by emailing [care@tenpercent.com](mailto:care@tenpercent.com) for instructions.  
[Android](#) | [iPhone](#)



**WoeBot** — self-care app using Cognitive Behavior Therapy (CBT)  
[Android](#) | [iPhone](#)



**Wysa** — mood tracker, mindfulness exercises, mental health assessment, powered by AI  
[Android](#) | [iPhone](#)



**Youper** — emotional health assistant, powered by AI  
[Android](#) | [iPhone](#)