Below are links to external resources for additional information on COVID-19.

**Global Resources**

**National Resources**
- SAMHSA: [www.samhsa.gov/coronavirus](http://www.samhsa.gov/coronavirus)
- 211: [211.org](http://211.org)

**State Specific Resources**

Links to state specific departments of health

**For Providers**
- University of Washington: [www.covid-19.uwmedicine.org/Pages/default.aspx](http://www.covid-19.uwmedicine.org/Pages/default.aspx)

**Mental Health and Support Resources**
- NAMI: Raises awareness and provides support and education to those affected by mental illness
- Support Groups Central: Group video meetings led by trained facilitators
- Support Groups: A social support network with more than 220 condition-specific groups
- Mental Health America: Specialized support group resources and tips for finding the right group for you
- For Like Minds: Connect with others who are living with or supporting someone who lives with mental illness, substance use, or a stressful life event

**For Caregivers of Children**
- childmind.org: Talking to Kids About the Coronavirus (Tips from the Child Mind Institute on talking to kids about coronavirus in a reassuring way)
- nesca-newton.com: Making the Most of COVID-19 School Closures (Tips on creating normalcy and routine for students at home due to school closures)
- Kahnacademy.org: A free resource for parents/kids for ongoing education
**Hotlines**

- The Disaster Distress Helpline: 1-800-985-5990
- National Suicide Prevention Lifeline: 1-800-273-8255
- National Domestic Violence Hotline Chat
- National Alliance on Mental Illness (NAMI) helpline: 800-950-6264
- Suicide Prevention Lifeline: 1-800-273-8255
- Disaster Distress helpline: 1-800-985-5990 or text TalkWithUs: 66745.
- Crisis Text 24/7 support: Text HELLO to 741741
- Substance Abuse and Mental Health Services Administration (SAMSA)