

COVID-19 (Coronavirus) Resources & Information

For immediate assistance in finding help for your mental health, click on the following link to find certified community mental health providers across the state –
<http://www.iccmhc.org/providers>

The social, economic, and emotional stress this pandemic is adding to the burdens of many people. Society has been faced with one the greatest public health challenges in our lifetime. Below, is a list of helpful resources for mental health information and resources related to COVID-19, isolation, anxiety, stress, and more. As a community, we can become more knowledgeable about this pandemic, support one another, and get through this!

Mental Health Information For Disease Outbreaks

- **Mental Health America of Northeast Indiana** is hosting an online anxiety and depression support group using Zoom web conferencing software. They have started a new support group, meeting every Monday from 10:30 am - 12:00 pm using Zoom. You can sign up for next Monday's free support group on [Eventbrite](#). There will be a new Eventbrite for each week's session, so they ask that all attendees to continue signing up for the support group through Eventbrite.
- [Living With Mental Illness During COVID-19 Outbreak– Preparing For Your Wellness](#)
- [Managing Stress and Anxiety related to COVID-19](#)
- [Tips For Social Distancing, Quarantine, And Isolation During An Infectious Disease Outbreak](#)
- [COVID-19: Potential Implications for Individuals with Substance Use Disorders](#)
- [Coronavirus and Emerging Infectious Disease Outbreak Response](#)
- [Mental Health Considerations during COVID-19 Outbreak](#)
- [Frequently Asked Questions on Mental Health, Mental Illness, and COVID-19](#)
- [Dermatillomania During COVID-19](#)

Financial Support

- [COVID-19 Ancillary Costs](#)

Tools And Information On Anxiety

- [Anxiety Screening Tool](#)
- [What is Anxiety?](#)
- [Anxiety Information and Support](#)
- [Care for your Coronavirus Anxiety](#)
- [Staying Grounded](#)
- [Meditations and Calming Exercises](#)
- [Manage Anxiety & Stress](#)
- [Taking Care of Your Emotional Health](#)

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Tools To Connect With Others

- [Social Support: Getting And Staying Connected](#)
- [MHA's Inspire Community](#)
- [Lyf App](#)
- [Wamlines](#)

Resources For Immediate Response

- [Disaster Distress Helpline](#) Call 1-800-985-5990 or text TalkWithUs to 66746. The Disaster Distress Helpline (DDH) provides crisis counseling and support for anyone in the U.S. experiencing distress or other behavioral health concerns related to any natural or human-caused disaster, including public health emergencies.
- [Crisis Text Line](#) Text MHA to 741741 and you'll be connected to a trained Crisis Counselor. Crisis Text Line provides free, text-based support 24/7.
- National Suicide Prevention Lifeline -- 24 Hour Crisis Line 1-800-273-8255

Resources For Mental Health Providers

- [A Guide to Transitioning Your Clinic to a Remote Work Environment](#)
- [Medicare Telehealth Healthcare Provider Fact Sheet](#)
- [Use of Telemedicine While Providing Medication Assisted Treatment \(MAT\)](#)
- [Opioid Treatment Program \(OTP\) Guidance](#)
- [COVID-19 and Opioid Treatment Programs FAQ](#)

Resources For Parents

- [Talking to Kids about COVID-19](#)
- [Cómo hablar con los niños sobre el coronavirus](#)
- [Talking to Children About COVID-19 \(Coronavirus\): A Parent Resource](#)
- [Supporting Kids During the COVID-19 Crisis](#)
- [How to Avoid Passing Anxiety on to Your Kids](#)
- [Talking to Kids about Fear and Violence](#)
- [List of Live Webcams, Virtual Tours, and Virtual Field Trips](#)
- [Scholastic Learn at Home Free Resources](#)
- [Smithsonian Distance Learning Resources](#)
- [Virtual Field Trips from Discovery Education](#)
- [How to Help Your Teen Through the Coronavirus Shutdown](#)
- [75+ Entertaining and Educational Activities for When You're Stuck Indoors](#)
- [Helping Children Cope with Emergencies](#)
- [Supporting Your Child](#)

Resources For Caregivers

- [Caregiving for a Person with a Mental Illness](#)
- [Care for Caregivers: Tips for Families and Educators](#)
- [Caregiver Action Network](#)
- [National Alliance for Caregiving](#)

Resources For Older Adults

- [National Council on Aging](#)
- [Do Your Part to Stem COVID-19: An Intergenerational Call to Action](#)

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wikiHow-To Articles

- [How to Deal with Coronavirus Anxiety](#)
- [Prepare for Coronavirus](#)
- [Deal with the Coronavirus Outbreak: Your Most Common Questions Answered](#)
- [How To Talk To Kids About Coronavirus](#)

General Information About COVID-19

- [Coronavirus \(COVID-19\) Information Hub from the CDC](#)
- [Fact Sheets on COVID-19 in Spanish and Other Languages](#)
- [Coronavirus \(COVID-19\) Situation Report from the World Health Organization \(WHO\)](#)
- [Coronavirus disease \(COVID-19\) advice for the public](#)
- [Preguntas y respuestas sobre la enfermedad por coronavirus \(COVID-19\)](#)
- [American Psychological Association \(APA\) Resources on Pandemics](#)
- [Parkview COVID-19 Resources](#)

Schools Offering Meals (For specific locations & directions, click the hyperlink)

- [Fort Wayne Community Schools](#) will provide free breakfast & lunch for children at ALL elementary schools starting Tuesday, March 17. Meals are available by walk-up/drive-up for all kids, regardless of the school they attend, ages birth through high school from 10:30am-1:30pm, Monday to Friday. Children MUST be present.
- [East Allen County Schools](#) will provide each child with two bags of food.. The first bag will have a five-day allotment of breakfast and the second bag will have a five-day allotment of lunch items. Please be prepared to provide your child's name upon meal pick-up. Meals can be picked up March 24th, March 31st, and April 7th from 11am-1pm and 4pm-6pm.
- [Northwest Allen County Schools](#) is pleased to offer both breakfast and lunch meals starting Wednesday, March 18. Meals will be available for pick-up: Mondays-Fridays from 11 a.m. to 1 p.m., and on Tuesdays and Thursdays from 5:30 pm- 6:30 pm at Huntertown Elementary School at 15330 Lima Rd., and Carroll High School, 3701 Carroll Rd.
- [Southwest Allen County Schools](#) will offer lunches during e-learning and available for pick-up to all Southwest Allen County schools students at Homestead High School from 11am- 1 pm and 4pm- 6pm, Monday through Friday. Meals will be handed out by SACS Food Service staff at door 10-A, located on the east side of Homestead High School.