

# Supportive Resource Links for Helping to Cope with the COVID-19 Outbreak

[Taking Care of your Behavioral Health – tips for social distancing, quarantine and isolation](#)

[NCTSN: Parent/ Caregiver Guide to Helping Families Cope with the Coronavirus Disease 2019 \(COVID 19\)](#)

[CDC: COVID -19: Manage Anxiety & Stress](#)

[CDC: Taking Care of Your Emotional Health](#)

[CDC: Helping Children Cope with Emergencies](#)

[SAMHSA: Taking Care of Your Behavioral Health During and Infectious Disease Outbreak: Tips for Social Distancing, Quarantine, and Isolation](#)

[SAMHSA: Coping with Stress During Infectious Disease Outbreaks](#)

[American Foundation for Suicide Prevention: Taking care of your mental health in the face of uncertainty](#)

[National Association of School Psychologists: Talking to Children about COVID-19: A Parent Resource](#)

[Florida Blue 24/7 Bilingual Helpline Open to Provide Emotional Support During COVID-19 Health Crisis: 833-848-1762-Free Service](#)

[National Alliance on Mental Illness: COVID-19 Information and Resources](#)

## State and National Helplines For Assistance

Substance Abuse and Mental Health Services Administration (SAMHSA) Disaster Distress Helpline	1-800-985-5990
Florida Abuse Hotline	1-800-962-2873
National Suicide Prevention Lifeline	1-800-273-8255
National Human Trafficking Resource Center	1-888-373-7888 Text 233733
Florida Council Against Sexual Violence's Hotline	1-888-956-7273
Florida Coalition Against Domestic Violence Hotline	1-800-500-1119
SAMHSA National Helpline for Treatment and Referral	1-800-662-HELP (4357) or text TalkWithUs to 66746
2-1-1: Provides free and confidential information and referral for help with food, housing, employment, health care, counseling and more	Call 2-1-1

# Supportive Resource Links for Helping to Cope with the COVID-19 Outbreak

## Intervention Resource Links For Those Working With Disaster Survivors

[SAMHSA: Disaster Technical Assistance Center](#)

[National Child Traumatic Stress Network](#)

[Skills for Psychological Recovery \(SPR\)](#)

[Psychological First Aid for Schools \(PFA-S\) Field Operations Guide](#)

[Help Kids Cope - App for caregivers, teachers, and others working with children about disasters](#)

[Psychological First Aid](#)

[Skills for Psychological Recovery](#)

[Evidence-Based Mental Health Treatments: Trauma-Focused Cognitive Behavioral Therapy](#)

[Mental Health First Aid: National Council for Behavioral Health](#)

## Helpful Links To Learn More About Coping With Disaster

[Coping with Disaster](#)

[SAMHSA Stories of Strength and Recovery after a Disaster](#)

[Ready Kids](#)

[Children in Disasters: Kids and Families](#)

[SAMHSA Behavioral Health Treatment Locator](#)

