



VIRGINIA MEDICAID RESOURCES:

- **Virginia Medicaid Taking Action:** https://coverva.org/materials/COVID%2019%20One%20Pager%203_19_20%20FINAL.pdf
- **COVID-19 FAQs for Medicaid Members:** https://coverva.org/materials/FAQ%203_18_20%20FINAL.pdf

SUBSTANCE USE DISORDER RESOURCES:

- **NA Online Meetings:** <https://www.na.org/meetingsearch/text-results.php?country=Web&state&city&zip&street&within=5&day=0&lang&orderby=distance>
- **AA Online Meetings:** <http://aa-intergroup.org/directory.php>
- **NA Phone Meetings:** <http://www.nabyphone.com/>
- **AA Phone Meetings:** <http://aaphonemeetings.org/>
- **Free App to Support People in Recovery:** <https://www.addictionpolicy.org/post/free-app-to-support-people-in-recovery-during-covid-19-outbreak>
- **Staying Calm While in Recovery:** <https://www.addictionpolicy.org/post/maintaining-calm-in-the-middle-of-global-crisis-when-you-are-in-recovery>

MENTAL HEALTH/SELF CARE RESOURCES:

- **National Alliance on Mental Illness (NAMI) COVID-19 Resources:** <https://www.nami.org/getattachment/Press-Media/Press-Releases/2020/COVID-19-and-Mental-Illness-NAMI-Releases-Importan/COVID-19-Updated-Guide-1.pdf?lang=en-US>
- **Anxiety Tips from Mental Health Professionals:** <https://www.today.com/health/how-survive-coronavirus-anxiety-8-tips-mental-health-experts-t175092>
- **OCD and COVID-19:** <https://www.rollingstone.com/culture/culture-news/coronavirus-covid-19-mental-health-crisis-961247/>
- **Managing Stress:** <https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>
- **7 Ways to Cope with Anxiety:** <https://www.aarp.org/health/healthy-living/info-2020/coronavirus-anxiety.html>
- **How to Stay Happy During Outbreak:** <https://www.bbc.com/future/article/20200317-covid-19-how-to-stay-happy-during-the-coronavirus-outbreak>
- **Taking Care of Your Behavioral Health:** <https://www.samhsa.gov/sites/default/files/tips-social-distancing-quarantine-isolation-031620.pdf>

CHILDREN AND FAMILY RESOURCES:

- **How to De-Stress Kids During Virus:** <https://www.pbs.org/parents/thrive/how-you-and-your-kids-can-de-stress-during-coronavirus>
- **How to Talk About COVID-19 with Kids:**
 - <https://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus>
 - <https://www.unicef.org/coronavirus/how-talk-your-child-about-coronavirus-covid-19>
 - <http://theconversation.com/coronavirus-qandas-answers-to-7-questions-your-kids-may-have-about-the-pandemic-133576>
 - <https://www.unicef.org/coronavirus/how-talk-your-child-about-coronavirus-covid-19>
- **Helping Homebound Children During COVID-19:** https://www.cstsonline.org/assets/media/documents/CSTS_FS_Helping_Homebound_Children_during_COVID19_Outbreak.pdf
- **Online Children's Books:** <https://www.storylineonline.net/library/>
- **Coloring Pages:** <http://elisegravel.com/en/livres/free-printables/>
- **Non-Screen Activities:** <https://medium.com/pobble/simple-and-fun-non-screen-activities-that-children-can-do-at-home-115543cb3b9c>

DEVELOPMENTAL DISABILITY RESOURCES:

- **How to Explain a Global Health Crisis to Children with Autism:** <https://www.psychologytoday.com/us/blog/neuroscience-in-translation/202003/how-explain-global-health-crisis-children-autism>
- **REACH:** <http://www.dbhds.virginia.gov/developmental-services/Crisis-services>

SUICIDE PREVENTION:

- If things feel overwhelming, please call [National Suicide Prevention Lifeline '1-800-273-TALK \(8255\)'](https://www.psuicidepreventionlifeline.org/) or text "HELLO" to 741741 at the [Crisis Text Line](https://www.crisistextline.org/). Trained counselors ready to talk 24/7, 365 days a year.



CRISIS TEXT LINE |

Text HELLO to 741741

Free, 24/7, Confidential