

Los Angeles County Department of Mental Health Compiled Resources

LACDMH's 24/7 Help Line at **(800) 854-7771** is available to provide mental health support, resources and referrals. (LACDMH facility updates are [available here](#).)

LACDMH has partnered with Headspace to offer a collection of mindfulness and meditation resources – for free – to all LA County residents. The [free Headspace Plus subscription](#) includes access to hundreds of science-backed guided meditations in English and Spanish, as well as movement and sleep exercises to help manage stress, fear and anxiety related to COVID-19.

LACDMH has published the following materials to address mental health & wellbeing needs and concerns:

- **“Coping with Stress During Infectious Disease Outbreaks”**, available in the following languages: [Arabic](#) / [Armenian](#) / [Simplified Chinese](#) / [Traditional Chinese](#) / [English](#) / [Farsi](#) / [Japanese](#) / [Khmer](#) / [Korean](#) / [Russian](#) / [Spanish](#) / [Tagalog](#) / [Vietnamese](#)
- **“Maintaining Health and Stability During COVID-19”**, available in [English](#), [Spanish](#), [Chinese](#), [Korean](#) and [Armenian](#)
- **“Staying Connected During Physical Distancing”**, available in [English](#), [Spanish](#), [Chinese](#), [Korean](#) and [Armenian](#)
- **“Alleviating Fear and Anxiety During Essential Trips in Public”**, available in [English](#), [Spanish](#), [Chinese](#), [Korean](#) and [Armenian](#)
- **“Understanding the Mental Health and Emotional Aspects of COVID-19”**, available in [English](#), [Spanish](#), [Chinese](#), [Korean](#) and [Armenian](#)
- **“Coping with the Loss of a Loved One”**, available in [English](#), [Spanish](#), [Simplified Chinese](#), [Traditional Chinese](#), [Korean](#) and [Farsi](#)
- **“Your Wellbeing on Your Terms”** brochure, in [English](#) and [Spanish](#), which highlights available apps to support self-care and wellbeing

Resources for Coping with Coronavirus (COVID-19)

- [COVID-19 \(Coronavirus\) Information and Resources](#), National Alliance on Mental Illness (NAMI)
- [Coronavirus Update: Mental Health Tips, Public Health News and Resources](#), National Alliance on Mental Illness (NAMI)
- [Managing Anxiety & Stress](#), Center for Disease Control and Prevention
- [Coping with a Disaster or Traumatic Event](#), Center for Disease Control and Prevention
- [Taking Care of Your Emotional Health](#), Center for Disease Control and Prevention
- [Mental Health and Psychosocial Considerations During COVID-19 Outbreak](#), World Health Organization
- [7 science-based strategies to cope with coronavirus anxiety](#), The Conversation
- [Reducing Stigma During COVID-19](#), Center for Disease Control and Prevention

Resources for Community and Peer Support

- [Peer Support Network](#), Project Return (PRPSN)
- [California Peer-Run Warm Line](#), Mental Health Association of San Francisco
- [Self-Help Support Groups](#), Share!
- [Community Connections in Times of Physical Separation](#), Each Mind Matters
- [Teens Helping Teens](#), Teen Line Online
- [Support Services](#), Project Return Peer Support Network

Los Angeles County Department of Mental Health Compiled Resources

Resources for Families, Parents and Children

- [How to Talk to Kids About Coronavirus](#), The New York Times
- [Helping Children Cope with Emergencies](#), Center for Disease Control and Protection
- [10 tips for talking to your kids about COVID-19 with your kids](#), PBS SoCal
- [Caring for Children in a Disaster](#), Centers for Disease Control and Prevention
- [Coping After a Disaster](#), U.S. Department of Health and Human Services
- [Just For Kids: A Comic Exploring The New Coronavirus](#), NPR
- [How to Talk to Your Anxious Child or Teen About Coronavirus](#), Anxiety and Depression Association of America

Resources for Healthcare Providers

- [Psychological Effects of Quarantine During COVID-19 – What Healthcare Providers Need to Know](#), The Center for the Study of Traumatic Stress
- [For Providers and Community Leaders: Helping People Manage Stress Associated with the COVID-19 Virus Outbreak](#), U.S. Department of Veterans Affairs
- [Sustaining the Well-Being of Healthcare Personnel during Coronavirus and other Infectious Disease Outbreaks](#), Center for the Study of Traumatic Stress

Resources for Physical Distancing

- [How to Fight the Social Isolation of Coronavirus](#), AARP
- [Community Connections in Times of Physical Separation](#), Each Mind Matters
- [Tips for Social Distancing, Quarantine, and Isolation During an Infectious Disease Outbreak](#), Substance Abuse and Mental Health Services Administration
- [Working Remotely During COVID-19: Your Mental Health and Well-Being](#), American Psychiatric Association Foundation
- [Strategies for Coping with Isolation and Loneliness During the Coronavirus Pandemic](#), Northwestern University

Resources for General Mental Health Management

- [Coping with a Disaster or Traumatic Event](#), Center for Disease Control and Prevention
- [Taking Care of Your Emotional Health](#), Center for Disease Control and Prevention
- [Disaster Distress Helpline](#), Substance Abuse and Mental Health Services Administration
- [PsychHub](#), Well Being Trust

Learning Resources About Racism and Protests:

- [Talking About Race Portal \(Smithsonian’s National Museum of African American History and Culture\)](#)
- [What is anti-racism? And what do experts say you can do? \(Los Angeles Times\)](#)
- [Resources on Community Unrest, Justice & Support \(LAUSD\)](#)
- [Racial Equity Tools \(World Trust\)](#)
- [Working Document of Anti-Racist Resources](#)
- [These Books Can Help You Explain Racism and Protest To Your Kids \(NY Times\)](#)