

Mental Health Resources

NAMI	<p>NAMI is operating a mental health hotline if you are experiencing anxiety or other wellness needs call 800-950-6264 or text 741741 ! They also provide a whole list of resources.</p> <p>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</p>
CDC on managing anxiety/stress	<p>https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fabout%2F coping.html</p>
Mental health toolkit for Children	<p>http://info.mhs.com/digital-resource-toolkit?utm_campaign=CE-COVID%2019%20Updates&utm_source=hs_email&utm_medium=email&utm_content=84932723&hsenc=p2ANqtz-_5iwJPYI94Tfbr2kCJLnPd_8aOBc1axkpUCp74JGEbS20I5IRLBQXQ-_SHER8muO3bddMiqmnXqWVuGSSXnAXq9Tmjxg&hsmi=84932723#Psycho-Education</p>