

Resources for Mental Health Programs

Please see the links below for more information on responding to COVID-19.

HOTLINES

Substance Abuse and Mental Health Services Administration's (SAMHSA's) Disaster Distress Hotline: 1-800-985-5990 or text TalkWithUs to 66746.

People with deafness or hearing loss can use their preferred relay service to call 1-800-985-5990.

For confidential support 24 hours a day, 7 days a week, call 1-800-273-8255 (TALK), or visit the National Suicide Prevention Lifeline Crisis Chat webpage, or text the Crisis Text Line (text START to 741741 from anywhere in the U.S.) and a trained Crisis Counselor will respond quickly.

The Trevor Project offers crisis services that create a safe, accepting, and inclusive environment for youth who identify as Lesbian, Gay, Bisexual, Transgender, Queer and/or Questioning (LGBTQ), by phone at 1-866-488-7386, and through text (text TREVOR to 1-202-304-1200).

On Demand Webinars

Coronavirus Disease 2019 (COVID-19) Update—What Clinicians Need to Know to Prepare for COVID-19 in the United States. Recorded on March 5, 2020.

https://emergency.cdc.gov/coca/calls/2020/callinfo_030520.asp

U.S. Department of Veterans Affairs and the National Child Traumatic Stress Network, Psychological First Aid Training. https://www.ptsd.va.gov/professional/treat/type/psych_firstaid_manual.asp

CDC Coronavirus Disease 2019 (COVID-19) Communication Resources.

<https://www.cdc.gov/coronavirus/2019-ncov/communication/videos.html>

SAMHSA SMI Advisor – Telepsychiatry in the Era of COVID-19.

<https://education.smiadviser.org/Users/ProductDetails.aspx?ActivityID=7254>

American Psychiatric Association, Managing the Mental Health Effects of COVID-19.

https://education.psychiatry.org/Users/ProductDetails.aspx?ActivityID=7256&utm_source=SMI_Adviser_COVID19_Email&utm_medium=March2020

General Guidance		
President's Coronavirus Guidelines for America	March 16, 2020 President Trump	https://www.whitehouse.gov/wp-content/uploads/2020/03/03.16.20_coronavirus-guidance_8.5x11_315PM.pdf
CDC Guidance for Pandemic Preparedness Resources	February 15, 2020 National Center for Immunization and Respiratory Diseases (NCIRD), Division of Viral Diseases	https://www.cdc.gov/coronavirus/2019-ncov/php/pandemic-preparedness-resources.html
State and Territorial Health Department Contacts	March 19, 2020 CDC	https://www.cdc.gov/publichealthgateway/healthdirectories/healthdepartments.html
Facts about COVID-19	March 12, 2020 CDC	https://www.cdc.gov/coronavirus/2019-ncov/about/share-facts.html
COVID-19	March 12, 2020 CDC	https://www.cdc.gov/coronavirus/2019-ncov/index.html
Fact Sheets: COVID-19	March 23, 2020 CDC	https://www.cdc.gov/coronavirus/2019-ncov/communication/factsheets.html
FAQs: COVID-19	March 22, 2020 CDC	https://www.cdc.gov/coronavirus/2019-ncov/faq.html
United South and Eastern Tribes	March 23, 2020 Brandy Venuti	https://www.usetinc.org/wp-content/uploads/2020/03/Coronavirus-Disease-LB.pdf
NAMI COVID-19 Information and resources	March 16, 2020 National Alliance on Mental Illness	https://www.nami.org/getattachment/About-NAMI/NAMI-News/2020/NAMI-Updates-on-the-Coronavirus/COVID-19-Updated-Guide-1.pdf
Facilities		
DC Guidance on Preparing for COVID-19: Long-term Care Facilities, Nursing Homes. This may be relevant for some aspects of YRTC facilities	March 13, 2020 National Center for Immunization and Respiratory Diseases (NCIRD), Division of Viral Diseases	https://www.cdc.gov/coronavirus/2019-ncov/healthcare-facilities/prevent-spread-in-long-term-care-facilities.html
CDC Guidance on cleaning and disinfecting for institutions can be found	March 6, 2020	https://www.cdc.gov/coronavirus/2019-

here. This will be more relevant than instructions for homes.	National Center for Immunization and Respiratory Diseases (NCIRD), Division of Viral Diseases	ncov/community/organizations/cleaning-disinfection.html
CDC guidance on Steps Healthcare Facilities Can Take Now to Prepare for Coronavirus.	March 6, 2020 National Center for Immunization and Respiratory Diseases (NCIRD), Division of Viral Diseases	https://www.cdc.gov/coronavirus/2019-ncov/healthcare-facilities/steps-to-prepare.html
CDC Interim Guidance for Healthcare Facilities: Preparing for Community Transmission of COVID-19 in the United States	February 29, 2020 National Center for Immunization and Respiratory Diseases (NCIRD), Division of Viral Diseases	https://www.cdc.gov/coronavirus/2019-ncov/healthcare-facilities/guidance-hcf.html
SAMHSA Opioid Treatment Program for COVID-19	March 20, 2020	https://www.samhsa.gov/medication-assisted-treatment/statutes-regulations-guidelines/covid-19-guidance-otp
SAMHSA TAP 34: Disaster Planning Handbook for Behavioral Health Treatment Programs	SAMHSA	https://store.samhsa.gov/product/TAP-34-Disaster-Planning-Handbook-for-Behavioral-Health-Treatment-Programs/SMA13-4779
CMS/HHS Waivers and Changes		
Medicare Telemedicine Health Care Provider Fact Sheet	March 17, 2020	https://www.cms.gov/newsroom/fact-sheets/medicare-telemedicine-health-care-provider-fact-sheet
Substance Use, Written Consent, and 42 CFR Part 2 Guidance	March 19, 2020	https://www.samhsa.gov/sites/default/files/covid-19-42-cfr-part-2-guidance-03192020.pdf
Telehealth for Patients		
Medicare Telehealth Definition Costs and Things to Know		https://www.medicare.gov/coverage/telehealth
Telehealth for Providers		
Medicare Telemedicine Health Care Provider Fact Sheet	March 17, 2020	https://www.cms.gov/newsroom/fact-sheets/medicare-telemedicine-health-care-provider-fact-sheet
Q: What services can be provided by telehealth under the new emergency declaration?	November 20, 2019	A: CMS maintains a list of services that are normally furnished in-person that may be furnished via Medicare telehealth. This list is available here: https://www.cms.gov/Medicare/Medicare-General-Information/Telehealth/Telehealth-Codes . These services are described by HCPCS codes and paid under the Physician Fee

		Schedule. Under the emergency declaration and waivers, these services may be provided to patients by professionals regardless of patient location.
Medicare Telehealth FAQs 3.17.20	March 17, 2020 Esther Markowitz	https://www.cms.gov/files/document/medicare-telehealth-frequently-asked-questions-faqs-31720.pdf
Virtual Check-Ins		https://www.medicare.gov/coverage/virtual-check-ins
HIPPA	March 19, 2020 Office for Civil Rights (OCR)	https://www.hhs.gov/hipaa/for-professionals/special-topics/emergency-preparedness/notification-enforcement-discretion-telehealth/index.html
COVID-19 and Telehealth What you need to know	March 18, 2020 URAC	https://www.urac.org/press-room/covid-19-and-telehealth-what-you-need-know?utm_source=hs_email&utm_medium=email&utm_content=84979045&hsenc=p2ANqtz-obvLX9QRTHCNkjlsy_FpUz6-4Xkey2naiOOwFFpYiEmBdBBF8oyeonmxoRd4ZDEBvkD8DDB7SPwcQMylKg0B_Sj6bA&hsmi=84979045
Telehealth and COVID-19	March 19, 2020 Kerry Palakanis, DNP, FNP-C, & Art Saavedra, MD/PhD, MBA	https://www.telehealthresourcecenter.org/event/nctrc-webinar-telehealth-and-covid-19/
The National Consortium of Telehealth Resource Centers (NCTRC)		https://www.telehealthresourcecenter.org/
NCTRC YouTube Channel		https://www.youtube.com/channel/UCOzpvd1OZ221AWBSF3QK-yg/videos
NCTRC COVID-19 Telehealth Toolkit Sheets		https://www.telehealthresourcecenter.org/resource-documents/
NCTRC COVID-19 Telehealth Toolkit	2020	https://www.telehealthresourcecenter.org/wp-content/uploads/2020/03/Telehealth-and-COVID-19-FINAL.pdf
The Center for Connected Health Policy: Current State Laws & Reimbursement Policies	October 15, 2019	https://www.cchpca.org/telehealth-policy/current-state-laws-and-reimbursement-policies

Telemedicine Policies: Resource on states waiving licensure requirements due to Covid-19	November 2019 Federation of State Medical Boards	http://www.fsmb.org/siteassets/advocacy/key-issues/telemedicine_policies_by_state.pdf
TeleHealth Technology Resource	TeleHealth Technology Resource	http://telehealthtechnology.org/toolkits/
Telebehavioral Health		
Telepsychiatry Toolkit, American Psychiatric Assoc.	The American Psychiatric Association (APA)	https://www.psychiatry.org/psychiatrists/practice/telepsychiatry/toolkit
General Resources	American Psychological Association	https://www.apa.org/practice/programs/dmhi/research-information/pandemics
COVID-19 and psychology services: How to protect your patients and your practice	March 5, 2020 American Psychological Association	https://www.apaservices.org/practice/news/covid19-psychology-services-protection
American Psychological Association (APA): Keeping Your Distance to Stay Safe	American Psychological Association	https://www.apa.org/practice/programs/dmhi/research-information/social-distancing
Response Resources for Leaders	September 13, 2019 Centers for Disease Control and Prevention	https://emergency.cdc.gov/coping/leaders.asp
Criteria for Return to Work for Healthcare Personnel with Confirmed or Suspected COVID-19 (Interim Guidance).	March 16, 2020 National Center for Immunization and Respiratory Diseases (NCIRD), Division of Viral Diseases	https://www.cdc.gov/coronavirus/2019-ncov/healthcare-facilities/hcp-return-work.html
Helping Children Cope with Emergencies	October 11, 2019	https://www.cdc.gov/childrenindicators/helping-children-cope.html
Children and Youth with Special Healthcare Needs in Emergencies	December 16, 2019	https://www.cdc.gov/childrenindicators/children-with-special-healthcare-needs.html
(SAMHSA): Taking Care of Your Behavioral Health – Tips For Social Distancing, Quarantine, And Isolation During An Infectious Disease Outbreak	April 17, 2017 SAMHSA	https://www.usetinc.org/wp-content/uploads/2020/03/sma14-4894.pdf
SAMHSA: Coping With Stress During Infectious Disease Outbreaks	August 28, 2018 SAMHSA	https://www.usetinc.org/wp-content/uploads/2020/03/sma14-4885.pdf
The National Child Traumatic Stress Network: Parent/Child Guide to Helping Families Cope with	March 1, 2020 The National Child Traumatic Stress Network	https://www.nctsn.org/sites/default/files/resources/factsheet/outbreak_factsheet_1.pdf

the Coronavirus Disease 2019 (COVID-19)		
COVID 19: Plan for Therapists: Questions, Answers, and Guidelines	March 16, 2020 Kelly & Miranda Palmer	https://www.zynnyme.com/blog/2020/3/12/covid-19-plan-for-therapists-questions-answers-and-guidelines?format=amp#donow
What the COVID-19 telehealth waiver means for psychology practitioners	March 18, 2020 American Psychological Association	https://www.apaservices.org/practice/legal/technology/covid-19-telehealth-waiver?utm_source=facebook&utm_medium=social&utm_campaign=apa-pandemics&utm_content=covid19-telehealth-policy
Information for Healthcare Professionals	March 20, 2020 CDC	https://www.cdc.gov/coronavirus/2019-ncov/hcp/index.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fguidance-hcp.html
What Healthcare Personnel Should Know about Caring for Patients with Confirmed or Possible COVID-19 Infection	March 10, 2020 CDC	https://www.cdc.gov/coronavirus/2019-ncov/hcp/caring-for-patients.html
Interim U.S. Guidance for Risk Assessment and Public Health Management of Healthcare Personnel with Potential Exposure in a Healthcare Setting to Patients with Coronavirus Disease (COVID-19)	March 7, 2020 CDC	https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-risk-assesment-hcp.html
Coronavirus Disease 2019 (COVID-19) Update—What Clinicians Need to Know to Prepare for COVID-19 in the United States.	March 5, 2020 CDC	https://emergency.cdc.gov/coca/calls/2020/callinfo_030520.asp
CDC Coronavirus Disease 2019 (COVID-19) Communication Resources	March 10, 2020 CDC	https://www.cdc.gov/coronavirus/2019-ncov/communication/videos.html
Self-Care		
Taking Care of Your Emotional Health	September 13, 2019 CDC	https://emergency.cdc.gov/coping/selfcare.asp
Emergency Responders: Tips for taking care of yourself	March 19, 2018 CDC	https://emergency.cdc.gov/coping/responders.asp

Get support from team members. Develop a Buddy System.	December 12, 2014 CDC	https://www.cdc.gov/vhf/ebola/pdf/buddy-system.pdf
Five Ways to View Coverage of the Coronavirus.	March 2020 American Psychological Association (APA)	https://www.apa.org/helpcenter/pandemics
CDC Coronavirus (COVID-19): Manage Anxiety & Stress	March 14, 2018 CDC	https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html
SAMHSA Tips for Disaster Responders: Understanding Compassion Fatigue.	SAMHSA	https://store.samhsa.gov/system/files/sma14-4869.pdf
SAMHSA Tips for Disaster Responders: Preventing and Managing Stress	SAMHSA	https://store.samhsa.gov/product/Preventing-and-Managing-Stress/SMA14-4873?referer=from_search_result
Compassion Fatigue and Self-Care. Linda Ligenza, LCSW, Clinical Services Director, SAMHSA-HRSA Center for Integrated Health Solutions	May 30, 2018 Linda Ligenza, LCSW, Clinical Services Director SAMHSA-HRSA Center for Integrated Health Solutions	https://integration.samhsa.gov/pb-hci-learning-community/Compassion_Fatigue_Office_Hours.pdf