

MENTAL HEALTH AND WELLNESS RESOURCES to Manage COVID-19 Related Stress

Helplines and Lifelines:

Compass Health/Volunteers of America MCOT (Mobile Crisis Outreach Team) 1-800-584-3578

Available 24/7 free to everyone if you or someone you know is experiencing a behavioral health crisis.

COVID-19 Emotional Support Line: 1-866-342-6892 *available 24/7 for free to everyone.*

National Suicide Prevention Lifeline Toll-Free (English): 1-800-273-TALK (8255)

Toll-Free (español): 1-888-628-9454 TTY: 1-800-799-4TTY (4889)

Website (English): <http://www.suicidepreventionlifeline.org>

Website (español): <http://www.suicidepreventionlifeline.org/help-yourself/en-espanol/>

Northwest Youth Services-The Ground Floor (360) 734-9862 Ext. 137 *for unhoused youth in Bellingham, WA is still currently open in "safe mode" from 9am-5pm.* <https://www.nwys.org/>

SAMHSA's Disaster Distress Helpline Toll-Free: 1-800-985-5990 (English and español)

SMS: Text TalkWithUs to 66746

SMS (español): "Hablanos" al 66746

TTY: 1-800-846-8517

Website (English): <http://www.disasterdistress.samhsa.gov>

WEBSITE (ESPAÑOL): <https://www.samhsa.gov/find-help/disaster-distress-helpline/espanol>

SAMHSA Disaster Technical Assistance Center Toll-Free: 1-800-308-3515

Email: DTAC@samhsa.hhs.gov

Website: <http://www.samhsa.gov/dtac>

SAMHSA's National Helpline Toll-Free: 1-800-662-HELP

(24/7/365 Treatment Referral Information Service in English and español)

Website: <https://www.samhsa.gov/find-help/national-helpline>

Treatment Locator Behavioral Health Treatment Services Locator Website:

<https://findtreatment.samhsa.gov/>

For help finding treatment 1-800-662-HELP (4357)

<https://findtreatment.gov/>

The Trevor Project [1-866-488-7386](tel:1-866-488-7386) or text **START** to **678678** *A national 24-hour, toll free confidential lifeline and text line for LGBTQ+ youth who are in crisis or feeling suicidal* <https://www.thetrevorproject.org/>

7 Cups *connects adults and teens to caring listeners offering emotional support through online community forums and 24/7 chat* <https://www.7cups.com/>

Washington State WarmLine 1-877-500-WARM (9276) *provides early intervention with emotional support.*

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Coping Resources:

CDC "[Manage Anxiety and Stress](#)" explains what stress can look like and tips to manage that stress.

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%2Fcoping.html

The Crisis Management Institute 6 week guide for parents to help reduce stress and anxiety for children, youth and communities <https://parents.cmionline.com/>

M.A.D.-H.O.P.E. Youth Suicide Prevention www.madhope.org resources on youth suicide prevention

Facebook: <https://www.facebook.com/madhopewhatcom/>

Instagram: <https://www.instagram.com/m.a.d.h.o.p.e/>

Mental Health America <https://mhanational.org/covid19>

NAMI (National Alliance on Mental Illness) <https://www.nami.org>

The National Child Traumatic Stress Network has a [guide](#) for parents and caregivers.

https://www.nctsn.org/sites/default/files/resources/fact-sheet/outbreak_factsheet_1.pdf

Now Matters Now offers skills and support for those coping with suicidal thoughts.

<https://www.nowmattersnow.org/skills>

Opportunity Council <https://www.oppco.org/> Click on "Whatcom Resources available during COVID-19" for a continually updated community resource list for services and organizations in Whatcom County.

SAMHSA <https://www.samhsa.gov/> has many helpful resources such as:

"[Coping With Stress During Infectious Disease Outbreaks](#)" outlines the signs of stress and action steps.

"[Taking Care of Your Behavioral Health](#)" provides tips for social distancing, quarantine and isolation.

"[Talking With Children: Tips for Caregivers, Parents, and Teachers During Infectious Disease Outbreaks](#)"

Suicide Prevention Lifeline suicidepreventionlifeline.org

Vibrant Emotional Health's Safe Space vibrant.org/safespace. offers interactive tools for mental health wellbeing.

7 Cups Support Community connects adults and teens to caring listeners offering emotional support through online community. There are also forums for people of diverse cultural backgrounds.

<https://www.7cups.com/>

Washington State Governor's Office <https://coronavirus.wa.gov/you-and-your-family#well-being>

Whatcom Unified Command <https://whatcomcovid.com/> Agencies within Whatcom County, WA are working together in a community effort to respond to COVID-19 with updates and resources.



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