

Mental Health Resources Compiled by WASHAA April 27, 2020 www.washaa.org

Care Type	Organization/Company	Description	Source/Link
Alcohol/Substance Abuse (Family Support)	Partnership for Drug-Free/Center on Addiction	Free one-on-one individual and group support for families dealing with addiction	https://drugfree.org/article/covid-19-we-are-here-for-you/
Crisis	Crisis Connections	WA State's 24/7 Crisis Line	24-Hr Crisis Line: 866-427-4747
Crisis	Crisis Textline	Free crisis text line that shows you how words help	https://www.crisistextline.org/data/bobs-notes-on-covid-19-mental-health-data-on-the-pandemic/
Eating Disorders	National Eating Disorders Association	Helpline and click-to-chat for real time support and referral	https://www.nationaleatingdisorders.org/help-support/covid-19-resources-page
Grief	The Grief Coach	What to say when someone dies – supportive texts as a gift to show support	https://grief.coach/
Meditation	The Breath Space	Online free meditation and breath workshops	http://thebreathspace.com/meditations#guided-meditations
Mental Health	National Alliance of Mental Illness (NAMI)	Comprehensive COVID-19 Information and Resources	https://www.nami.org/covid-19-guide
Mental Health	NeuroFlow	Free COVID-19 Risk Assessment and Anxiety Screener	https://start.neuroflow.com/coronavirus
Mental Health	All Mental Health	Free online app to help people explore issues, including "I can't stop worrying."	https://coronavirus.allmentalhealth.org/
Mental Health - Stress, Anxiety, Depression	Sanvello Health	Entire clinically-validated evidence-based mobile application based on cognitive behavioral therapy, currently used by over 3 million people,	https://www.sanvello.com/coronavirus-anxiety-support/

		and clinician dashboard for mental health professionals.	
Mental Health - Stress, Anxiety, PTSD, Depression, Bi-polar, Substance Abuse	Litesprite	Sinasprite is our clinically-validated mental health video game loved by all ages.	Android: https://play.google.com/store/apps/details?id=com.litesprite.sinaspritepro&hl=en iOS: https://apps.apple.com/us/app/sinasprite/id929681872
Mental Health/Trauma in the Household	Sue Varma, Psychiatrist and Loneliness Expert is interviewed	NPR Story	https://www.npr.org/2020/04/12/832682496/coronavirus-quarantines-what-it-means-to-face-trauma-in-a-household-of-one
Mental Health Support For Latinx Youth	MotiSpark	Personalized video nudges that make it easier to learn and practice effective self-care strategies	https://www.motispark.com/coronavirus?l
Opioid Use Disorder	Bicycle Health	Online Support Groups for people who are having a hard time with opioids	https://www.bicyclehealth.com/free-opioid-support-group
Perinatal Mental Health	Postpartum Support International (and Postpartum Support International of Washington)	Emergency and Support Groups	https://www.postpartum.net/locations/washington/ https://perinatalsupport.org/
Substance Use Support	In the Rooms	Online recovery support meetings	https://www.intherooms.com/home/covid-19-resources/
Telehealth for Psychiatry	American Psychiatric Association	Tip Sheet on Preparing for Your Telehealth Visit	https://smiadviser.org/wp-content/uploads/2020/04/How-to-Prepare-for-a-Video-Appointment.pdf