

## **Resources for Coping:**

- Help Lines:
  - [National Suicide Prevention Lifeline](#) – 24/7, 1-800-273-8255, Text 714741
  - [SAMHSA Disaster Distress Helpline](#) - 24/7, 1-800-846-8517, Text TalkWithUs to 66746
  - [Texas Health and Human Services COVID-19 Mental Health Support Line](#) - 24/7, toll-free at 833-986-1919
  
- Anxiety:
  - [7 Science-Based Strategies to Cope with Coronavirus Anxiety](#) - from The Conversation website
  - [Living With Worry And Anxiety Amidst Global Uncertainty](#) - a free guide from Psychology Tools
  - [Managing Coronavirus Anxiety: 10 Practical Suggestions](#) - from clinical psychologist Nick Wigwall, Ph.D.
  - [What to do if Coronavirus Health Guidelines Trigger OCD/Anxiety](#)
  
- Grief:
  - [Frequently Asked Questions about Ambiguous Loss](#) - from Ambiguous Loss
  - [Grief in the Midst of COVID-19](#) - from Psychology Today
  - [Perspective: The Six Stages of Coronavirus Grief](#) - from EducationNC
  - [Uncertain Times — Coping With Loss During the COVID-19 Pandemic](#) - from Social Worker Today
  
- Meditation/Relaxation:
  - [Free Guided Meditations \(English/Spanish\)](#) - from the UCLA Mindful Awareness Resource Center
  - [How to Meditate for College Students Stuck at Home](#) - from the Manhattan Center for Cognitive Behavioral Therapy
  
- Mental Health & Wellness:
  - [Building Your Resilience](#) - from American Psychological Association
  - [Taking Care of Your Mental Health in the Face of Uncertainty](#) - tips from the American Foundation for Suicide Prevention
  - [Tips for Managing Stress and Worries](#) - from the Jed Foundation
  
- Miscellaneous/Additional:
  - [Additional Resources from the American Psychological Association](#)
  - [Five Ways to View Coverage of the Coronavirus](#) - from the American Psychological Association