

The stress of COVID-19 social distancing is very real, but no one has to suffer alone. Many organizations and agencies have compiled resources to both give information about what to expect as well as resources to help people cope. Some of these resources are listed below.

*The inclusion of external hyperlinks does not constitute endorsement by the United States Department of Defense (DoD), the Uniformed Services University of the Health Sciences (USUHS) or the Henry M. Jackson Foundation of the linked websites or the information, products or services contained therein.*

- The American Psychological Association (APA) offers information on what to expect, how to cope and valuable resources at the following link:  
<https://www.apa.org/practice/programs/dmhi/research-information/social-distancing>
- Blue Star Families has resources for military families to better cope during COVID-19, including activities to keep children engaged and active:  
<https://bluestarfam.org/2020/03/virtual-resources-for-social-distancing-during-covid-19/>
- The Centers for Disease Control and Prevention (CDC) offers help with stress and coping:  
<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>
- The Institute for Disaster Mental Health (IDMH) has tips for managing stress for community members:  
<https://newpaltz.edu/media/idmh/covid-19/IDMH%20COVID19%20Community%20Stress%20Management%20Tip%20Sheet%202020%20Final.pdf>
- Psycom has an article on how to survive social distancing, including common emotional reactions to social distancing and ideas for coping:  
<https://www.psyc.com/coronavirus-social-distancing-mental-health/>
- PsychHub's partners have put together many resources for individuals for coping. Topics covered include social distancing, caring for older adults, coping with stress, psychological first aid, and ways to view media coverage:  
<https://psychhub.com/covid-19/covid-individuals/covid-individual-resources/>
- The Substance Abuse and Mental Health Services Administration (SAMSHA) has tips on what to expect ways to cope:  
<https://www.samhsa.gov/sites/default/files/tips-social-distancing-quarantine-isolation-031620.pdf>
- SAMSHA also offers a crisis line where you can call or text here:  
<https://www.samhsa.gov/find-help/disaster-distress-helpline>
- The Wellness Society has published a free workbook to assist clients in coping with pandemic-related stress and anxiety. The workbook is available for download in several languages: <https://thewellnesssociety.org/free-coronavirus-anxiety-workbook/>
- The Veterans Administration offers a Veterans Crisis Line. The link below offers ways to connect via chat, text or phone: <https://www.veteranscrisisline.net>