

## Online resources for recovery support during COVID-19



### National Alliance on Mental Illness

NAMI is a national mental health organization that offers a free hotline with trained specialists who can provide information, resources and referrals to those who need mental health assistance. The organization is committed to returning calls within 48 hours from the time they are received.

- Hotline: (800) 950-NAMI (6264)
- [COVID-19 resource and information guide \(PDF, 895KB\)](#)
- Waukesha chapter's website <https://www.namiwaukesha.org/>

### Other Tools and Resources for Consumers and Clinicians

- <https://www.mentalhealthconnection.life/>  
Local support for youth/young adults and parents/caregivers
- <https://centerforsuicideawareness.org/hopeline/>  
Text "Hopeline" to 741741 for live support via text messaging
- <https://www.impactinc.org/>  
Dial 2-1-1 or visit the Impact website for referrals for treatment, shelter, food, child care, etc.
- <https://gerocentral.org/clinical-toolbox/covid-19-resources/>  
Resources for clinicians, older adults and families
- [https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html?CDC\\_AA\\_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fprepare%2Fmanaging-stress-anxiety.html](https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fprepare%2Fmanaging-stress-anxiety.html)  
Managing stress during quarantine, Centers for Disease Control and Prevention, 2020
- <https://www.nctsn.org/resources/parent-caregiver-guide-to-helping-families-cope-with-the-coronavirus-disease-2019>  
Parent/Caregiver Guide, The National Child Traumatic Stress Network, 2020
- <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>  
Public advice including parenting, World Health Organization, 2020
- <https://www.samhsa.gov/sites/default/files/tips-social-distancing-quarantine-isolation-031620.pdf>  
Tips for isolation, Substance Abuse and Mental Health Services Administration, 2014
- [https://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(20\)30460-8/fulltext](https://www.thelancet.com/journals/lancet/article/PIIS0140-6736(20)30460-8/fulltext)  
Reducing the impact of quarantine, Brooks, S.K., et al., *The Lancet*, 2020
- <https://www.samhsa.gov/find-help/disaster-distress-helpline>  
SAMHSA Disaster Distress Helpline 1-800-985-5990
- <https://suicidepreventionlifeline.org/>  
National Suicide Prevention Helpline 1-800-273-TALK (8255)