



Resource Links:

[The National Mental Health Innovation Center](#)
[NMHIC compiled COVID-19 Resource List](#)

Categories:

- COVID-19 Information
- Education & Activities for Kids
- Education & Activities for Adults
- Telemental Health
- Services – Free/Reduced
- Childcare Resources & Services
- Working from Home
- Health & Wellness

Resource for Alcohol/Substance Use Support:

[Tempest: free, online recovery support meetings](#)

- They have [“Bridge Club”](#) which is a community-led peer support group for women and gender non-conforming folks who are sober or interested in sobriety.

Resource for Parents during COVID-19:

[Coa: Therapy & expert-led classes for mental health, grounded in community](#)

- Free online [Coa COVID-19 Parent focused support groups](#) led by a therapist

Apps for relaxation and mindfulness:

- [Calm: Meditation App](#)
- [Headspace: offering free subscriptions for healthcare professionals and behavioral health providers](#)