

# GET INFORMATION ABOUT COVID-19

## NATIONAL

- [Centers for Disease Control \(CDC\)](#)
- [Federal Emergency Management Agency \(FEMA\)](#)
- [The World Health Organization \(WHO\)](#)
- [Johns Hopkins Coronavirus \(COVID-19\) Tracker](#)
- [Coronavirus \(COVID-19\) \(SAMHSA\)](#)
- [Children's Health Fund Resources and Training Center](#)
- [Helping Children Cope](#)

### **SUICIDE PREVENTION RESOURCES - see more suicide specific resources below \***

- [Resources](#) on safe messaging and for some specific populations: The National Action Alliance for Suicide Prevention ([Action Alliance](#))
- [Resource list](#) for health care leaders and mental health professionals that addresses safe suicide care: The Zero Suicide Institute ([ZSI](#))
- [The Substance Abuse and Mental Health Services Administration \(SAMHSA\)](#)
- [Resources](#) related to health, mental health, and education: Education Development Center ([EDC](#))
- [Treating Suicidal Patients during COVID-19: Best Practices and Telehealth](#) Webinar

### **MENTAL HEALTH TECHNOLOGY TRANSFER CENTERS**

- [Tools for Behavioral Health Professionals During a Public Health Crisis](#)
- [Tools for Educators During a Public Health Crisis](#)
- [Taking Care of Yourself During a Public Health Crisis](#)
- [Responding to COVID-19 | School Mental Health Resources](#)
- [Responding to COVID-19 | Telehealth](#)
- [Care and Treatment of Mental and Substance Use Disorders in the COVID-19 Epidemic](#)

## VERMONT

- [Vermont 211](#) - Call 2-1-1 to speak to a person who can help you find answers to a broad range of questions, or visit their [website](#) for detailed descriptions of programs and services available to Vermonters. These services are provided by local community groups, social service and health-related agencies, government organizations, and others.
- [Public Wifi Hotspots Map](#) from the VT Department of Public Service
- [Vermont Department of Health](#) | COVID-19 hotline: (802) 863-7240
- [Vermont Helplink](#) - substance use treatment and recovery
- [Coping with Family Stress](#)

## MENTAL HEALTH RESOURCES

- [VT Department of Mental Health](#)
- General information, Self-care Information for Families, Individuals, Service Providers

## VT HEALTH CARE ORGANIZATIONS

- [A Guide to Managing Stress in Crisis Response Professions](#)
- [Vermont Program for Quality in Health Care VPQHC](#)
- [Statewide Telehealth Resources and Work Group VPQHC](#)

## SUICIDE SPECIFIC RESOURCES

Suicide Prevention Resource Center <http://www.sprc.org/covid19>

- [Safe Suicide Care During a Pandemic](#) - This web page from the Zero Suicide Institute ([ZSI](#)) contains descriptions of, and links to, six resources for health care leaders and mental health professionals on providing safe suicide care.
- [Tools for Behavioral Health Professionals During a Public Health Crisis](#) - This sheet from the Northeast and Caribbean Mental Health Technology Transfer Center Network ([MHTTC](#)) provides information for behavioral health professionals on ways to maintain wellness, recognizing signs of burnout, supporting staff, and using telehealth.
- [Supportive Practices for Mental Health Professionals During Pandemic-Related Social Distancing](#) - This sheet from the South Southwest Mental Health Technology Transfer Center Network ([MHTTC](#)) contains information on challenges mental health professionals face with social distancing, and suggestions for how to support oneself and work with supervisees.
- [Taking Care of Patients During the Coronavirus Outbreak: A Guide for Psychiatrists](#) - This sheet from the Center for the Study of Traumatic Stress ([CSTS](#)) provides information on some common psychological and behavioral responses to expect and suggestions for how to work with patients.
- [Telehealth Tips: Managing Suicidal Clients During the COVID-19 Pandemic](#) - This information sheet from the [Center for Practice Innovations](#) at Columbia Psychiatry, New York State Psychiatric Institute provides tips for evaluating and treating people who are suicidal using telehealth. It also includes steps and a template for developing a safety plan.
- [Notification of Enforcement Discretion on Telehealth Remote Communications during COVID-19 Nationwide Public Health Emergency](#) - This web page from the U.S. Department of Health and Human Services ([HHS](#)) provides information on what is now allowed for the use of telehealth in relation to the regulations under the Health Insurance Portability and Accountability Act (HIPAA).
- [Telepsychiatry in the Era of COVID-19 \(Archived Webinar\)](#) - This webinar by [SMI Adviser](#) provides an overview of how to use telemental health and video visits during the COVID-19 pandemic. It includes information on the legal, clinical, cultural, and practical aspects of using technology to deliver care. It covers topics such as which telemental health platform to use, licensure, consent, online prescribing, and billing.

## Resources for People at Risk for Self-Harm and Suicide

National Suicide Prevention Lifeline	Immediate, free and confidential support to people experiencing suicidal thoughts and feelings. Can connect people to available services in Vermont.	800-273-8255 (273-TALK)
Crisis Text Line	Free and confidential text-based support.	<a href="https://text.vt.gov/">Text VT to 741741</a>
National Veterans Crisis Line	Confidential support for veterans and those who care for veterans.	800-273-8255 (273-TALK) & press 1 or text to 838255
Disaster Distress Helpline	Free crisis counseling for people who went through a natural or human-caused disaster or tragedy.	800-985-5990 or text TalkWithUS to 66746
VT Dept. of Mental Health	Detailed information on mental health services, including during COVID-19. Information is aimed at community members and at providers.	<a href="https://mentalhealth.vermont.gov">mentalhealth.vermont.gov</a>
Vermont Suicide Prevention Center	Resources and training for communities, schools, mental health and healthcare organizations.	<a href="https://vtspc.org">vtspc.org</a>
Vermont 211	Connects to services including mental health, substance use, social services and healthcare.	Call 211 or text your zip code to 898211
NAMI Vermont	Vermont chapter of the National Alliance for Mental Illness, includes resources on COVID-19.	<a href="https://namivt.org/">https://namivt.org/</a>
VT Helplink	Support and referrals for Vermonters around alcohol and drug use.	<a href="https://vthelplink.org">https://vthelplink.org</a> or call 802.565.LINK (toll free 833.565.LINK)