

Mental Health & Well-being Resource Guide

Coronavirus Stress & Anxiety – Helpful Expert Tips and Resources

The Anxiety and Depression Association of America ADAA

[Managing COVID-19 Anxiety](#)

The Center for the Study of Traumatic Stress (CSTS)

[Healthcare Workers Taking Care of Themselves](#)

[Psychological Effects of Quarantine During COVID-19 - What Healthcare Providers Need to Know](#)

[Taking Care of Patients During COVID-19: A Guide for Psychiatrists](#)

[Caring for Patients Mental Well-Being During COVID-19](#)

The UCLA National Center for Child Traumatic Stress (NCCTS)

[Parent and Caregiver Guide to Helping Families Cope with the Coronavirus Disease](#)

Resources from the Center for Disease Control (CDC)

[Mental Health and Coping for COVID-19](#)

[Taking Care of your Emotional Health](#)

[Stigma and Resilience](#)

[Coping with a Disaster or Traumatic Event](#)

[Community Mitigation Strategy](#)

Resources from the U.S. Department of Veterans Affairs (VA)

[Helping People Manage Stress Associated with the COVID-19 Virus Outbreak: For Providers and Community Leaders](#)

[Managing Health Care Workers' Stress Associated with the COVID-19 Virus Outbreak: For Healthcare Workers](#)

Telemental Health & Behavioral Health Benefits

Telemental health services may be an option for you. Read more about the [telemental health](#) options and if they are available through your health plan. Read about the [behavioral health benefits and resources](#) available to you through your health plan.

Mental Health & Well-being Services and Self-Help Resources

[UCLA Staff and Faculty Counseling Center](#)

[Mental Health Help Guide](#)

[Self-Assessments](#)

[Crisis Numbers, Apps, Books](#)

[Online Psychological Tools](#)

[Relaxation and Mindfulness](#)

Mental Health & Well-being Apps & Other helpful online support options



UCLA Mindful - practice mindfulness meditation anywhere, anytime with the guidance of the UCLA Mindful Awareness Research Center. Available on the App Store & Google Play as 'UCLA Mindful'.



Headspace— FREE meditation and mindfulness services offered by [Headspace](#) for healthcare providers until the end of the year.



UCLA Wellness App – FREE and confidential wellness app. See details below.

UCLA Health

Free, confidential UCLA Wellness App is available to you!!

You are authorized access to download a free, confidential Wellness App that has been created for your personal use, called **Connectd**.

Tools on **Connectd** allow the user to:

- Complete brief screeners to see if you have symptoms of stress, burnout, anxiety, depression, trauma, or alcohol abuse.
- Receive immediate feedback about your risk level and evidence-based self-help advice to reduce your risk.
- Track scores over time to see if your risk is increasing or decreasing.
- Access brief tutorials and videos to learn how to reduce stress, improve mood, manage workplace challenges, live healthier, and improve your relationships.
- Quickly locate and contact helpful UCLA and other local resources.

If you are interested in downloading this App:

1. Go to your App store
2. Download **Connectd** (note spelling) to your iPhone/iOS (search “connectd behavioral” in the Apple store) or download **Connectd** (note spelling) to your Android.
3. Use activation/authorization code: **757westwood**

Notes

- Please do not share the activation code with anyone.
- Your answers will not be monitored. Please call 911 or reach out to a professional for urgent assistance, if needed.
- Please report any technical problems with the App to Brenda Bursch, PhD at bbursch@mednet.ucla.edu

Mindfulness Meditation offered by UCLA Mindful Awareness Research Center

Mindful Awareness is the moment-by-moment process of actively and openly observing one's physical, mental and emotional experiences. Mindfulness has scientific support as a means to reduce stress, improve attention, boost the immune system, reduce emotional reactivity, and promote a general sense of health and well-being.

While the **FREE** drop-in meditation sessions offered by the [Mindful Awareness Research Center \(MARC\)](#) have been cancelled temporarily, you may stream Free guided meditations and [Podcasts](#) straight from the MARC website:

[Free Guided Meditations for Streaming](#) (between 3 and 19 minutes)

[Free podcasts](#)

[MARC Homepage](#) or call 310-206-7503

Other Mindfulness Meditation apps and links

[Calm](#)

[Insight Timer Meditation App \(Free\)](#)

[Stop Breathe & Think App](#)

[Healthy Minds App \(currently free\)](#)

[Balance Meditation](#)

[Ten Percent Happier App](#) (currently free for healthcare professionals).

To claim your complimentary subscription:

- Click on web link above to sign-up and redeem using the gift code **HEALTHCARE**.
- Download and log into the mobile app on your apple or android device & subscription contents will be unlocked.

OR Visit the Ten Percent Happier [Coronavirus Sanity Guide](#) to access free content/resources without creating an account.

Substance Abuse Resources for Individuals in Recovery:

Online meetings

[Alcoholics Anonymous - AA \(Los Angeles\)](#)

[AA-Intergroup](#)

[In the Rooms - Various Online Support Meetings](#)

[Narcotics Anonymous \(NA\)](#)

[Al-Anon \(Family Members\)](#)

[Smart Recovery](#)

[Buddhism-based Mutual Support Group](#)

[Betty Ford](#) and their [RecoveryGo™ telehealth solutions](#) - this insurance-covered virtual group therapy is now available in numerous states, connecting patients and their counselor in real-time via personal computers and mobile devices.

Recovery Apps

[Sober Grid](#) - interact, support, and engage with other people in recovery using a platform similar to Facebook.

[SoberTool](#) - track your clean and sober days. Includes daily motivational messages to keep you on target.

[AA Big Book](#) - access full text of the Big Book, along with a meeting finder, podcasts, prayers, and personal stories.

[12 Step Meditation Daily Reflections for AA, NA, Al-Anon](#) - Hundreds of easy guided meditations, as well as soothing music, prayers, and 12-step recovery audio.

[WEconnect](#) - daily reminders to stay on track with your recovery plan. Reminders to call your sponsor, go to a group meeting, meditate, etc.

Resources from the Substance Abuse & Mental Health Services Administration (SAMSHA)

[Taking Care of your Behavioral Health: Tips for Social Distancing, Quarantine, and Isolation During an Infectious Disease Outbreak](#)

[Helping Older Adults after Disasters: A Guide to Providing Support](#)

[Coping with Stress During Infectious Disease Outbreaks](#)

[Using Technology-Based Therapeutic Tools in Behavioral Health Services](#)

[COVID-19 Guidance for Opioid Treatment Programs](#)

Depression and Support Resources

Depression is not the same as being unhappy or in a blue mood. Depressive disorder is a whole-body illness, involving the body, mood, and thoughts, and affects the way a person eats and sleeps, feels about himself or herself, and thinks about things. It

Checklist for depression

What's the difference between a bad case of the blues and the painful mental disorder known as depression? According to the experts, impaired functioning is usually a clear-cut indication of a major depression. View the [checklist of depression symptoms](#). If the list sounds familiar, you may want to speak with a counselor or a psychiatrist. [Visit our health library for more on the different types of depression and symptoms of depression.](#)



How can I get help?

For more information about UCLA Neuropsychiatric and Behavioral Services, **please call the ACCESS Center at (800) 825-9989 or (310) 825-9989**, Monday to Friday, 8 a.m. to 5 p.m. (PST).

UCLA Resnick Interactive Tools:

[Depression Quiz](#)
[Depression Risk Assessment](#)
[Late-Life Depression Quiz](#)

Training and Educational Resources

[American Mental Wellness Association](#)
[Mental Health Resources](#)

Take Care of U