

COVID-19 Resources

Resources for Substance Misuse Prevention, Harm Reduction, Treatment, Recovery

Title	Source	Audience	Focus	Notes/Comments
Coronavirus (COVID-19) Resources and Information	Substance Abuse and Mental Health Services Administration	Prevention and SUD agency staff		samhsa.gov/coronavirus
Safer Drug Use During the COVID-19 Outbreak	Harm Reduction Coalition	People who use drugs		https://harmreduction.org/wp-content/uploads/2020/03/COVID19-safer-drug-use-1.pdf
COVID-19 Recovery Resources	Grayken Center for Addiction/Boston Medical Center	People in recovery	General SUD, individual, and homelessness resources and virtual support meetings	https://www.bmc.org/addiction/covid-19-recovery-resources
COVID-19 Resources	Rize Massachusetts	People who use drugs, in recovery, service providers	Hotlines, online support groups, state resources, employer resources	https://rizema.org/resources/
SAMHSA Prevention Technology Transfer Center (PTTC) Training and Technical Assistance Resources Related to COVID-19	SAMHSA	SUD and mental health treatment providers	Resources and recorded webinars on telehealth, opioid treatment providers	https://www.samhsa.gov/sites/default/files/training-and-technical-assistance-covid19.pdf

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Resources and Tools for Addressing Coronavirus (COVID-19)	National Council for Behavioral Health	General public, behavioral healthcare organizations	Self-care/stress management, tips for talking to children, helping others cope w/anxiety	https://www.thenationalcouncil.org/covid19/
A Collection of Research and Perspectives on COVID-19	Robert Wood Johnson Foundation	General public, public health professionals	Blogs, news, and resources from the field on COVID-19	https://www.rwjf.org/en/library/collections/coronavirus-disease-2019--covid-19.html
COVID-19 Impact for Families	Society for Prevention Research's Research to Policy Collaboration	Behavioral health care professionals, public health professionals	Summaries, fact sheets, and key external resources	https://www.research2policy.org/coronavirus
What 'Shelter at Home' Means for Those Who Aren't Safe There	PBS News Hour	General public	Interview with CEO of the National Domestic Violence Hotline	https://www.pbs.org/newshour/show/what-shelter-at-home-means-for-those-who-arent-safe-there
Reframing During COVID-19	Frameworks Institute	Public health professionals	Tips for framing conversations about COVID-19	http://campaign.r20.constantcontact.com/render?m=1102110589910&ca=a11698da-6859-4779-aad6-1a0f2727f182
Prevention Practitioner's Role in Disaster Response	Southwest PTTC	Prevention practitioners		https://pttcnetwork.org/centers/south-southwest-pttc/product/prevention-practitioners-role-disaster-response

Resources for Parents and Caregivers

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Resources for the COVID-19 Crisis	Education Development Center	Parents and Caregivers	Resources for how to talk to children and help them cope, home-based learning and engagement	https://www.edc.org/resources-covid-19-crisis
Parent/Caregiver Guide to Helping Families Cope with the Coronavirus Disease 2019	National Child Traumatic Stress Network	Parents and caregivers	Tips for helping your family cope physically and emotionally	https://www.nctsn.org/resources/parent-caregiver-guide-to-helping-families-cope-with-the-coronavirus-disease-2019
Ways to Promote Children's Resilience to the COVID-19 Pandemic	Child Trends	Parents and caregivers	Identifies protective factors families and communities can promote and tips for promoting them.	https://www.childtrends.org/publications/ways-to-promote-childrens-resilience-to-the-covid-19-pandemic
How to Support Your Child's Resilience in a Time of Crisis	American Academy of Pediatrics	Parents and caregivers	Tips for talking to kids and strategies to cope	https://www.healthychildren.org/English/healthy-living/emotional-wellness/Building-Resilience/Pages/How-to-Support-Your-Childs-Resilience-in-a-Time-of-Crisis.aspx
Talking to Children About COVID-19 (Coronavirus): A Parent Resource	National Association for School Psychologists	Parents and caregivers	Tips for talking to kids about the coronavirus	https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource

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Countering COVID-19 (Coronavirus) Stigma and Racism: Tips for Parents and Caregivers	National Association for School Psychologists	Parents and caregivers		https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/countering-covid-19-(coronavirus)-stigma-and-racism-tips-for-parents-and-caregivers
Helping Children Cope with Emergencies	Centers for Disease Control and Prevention (CDC)	Parents and caregivers	Common reactions by age and strategies to cope	https://www.cdc.gov/childrenindisasters/helping-children-cope.html
Managing Stress Associated with the COVID-19 Virus Outbreak	Department of Veteran Affairs/National Center for PTSD	Adults	Tips for managing stress and anxiety related to COVID-19	https://www.ptsd.va.gov/covid/COVID_managing_stress.asp
Tips for Parents and Caregivers on Media Coverage of Traumatic Events	National Child Traumatic Stress Network	Parents and caregivers	Tips for understanding media exposure and what adults can do to help (published after 9/11 but content still relevant)	https://www.nctsn.org/sites/default/files/resources/tips_for_parents_media_coverage_of_traumatic_events.pdf
Helping Children Cope with Emergencies	CDC	Parents and caregivers	Common reactions by age and strategies to cope	https://www.cdc.gov/childrenindisasters/helping-children-cope.html
Manage Anxiety & Stress Around COVID-19	CDC	Adults		https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html

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Resources for Supporting Children's Emotional Well-being during the COVID-19 Pandemic	Child Trends	Parents and caregivers	Guidance, recommendations, and resources for supporting children's emotional well-being	https://www.childtrends.org/publications/resources-for-supporting-childrens-emotional-well-being-during-the-covid-19-pandemic
Nurturing Relationships Online: Advice from Youth	Search Institute	Adults	Overview of how social media helps and hurts real-life relationships	https://www.search-institute.org/nurturing-relationships-online-advice-from-experts-youth