

BEHAVIORAL HEALTH INFORMATION AND RESOURCES FOR THE PANDEMIC

BLUE CROSS RESOURCES

- Coronavirus Resource Center
- Provider Central COVID-19 News Alert (March 24)

Telehealth is available to all members with a Blue Cross Blue Shield of Massachusetts health plan. To access the service, members can:

- Use Well Connection
- Contact their doctor directly to talk about available options

To learn more about Well Connection, visit myblue.bluecrossma.com/telehealth.

COVID-19 ANXIETY

- **Anxiety.org**, "Tips for Surviving Social Isolation During the COVID-19 Pandemic"
- American Psychiatric Association's Center for Workplace Mental Health, "Working Remotely During COVID-19: Your Mental Health & Well-Being"
- American Psychological Association, "Five Ways to View Coverage for the Coronavirus"

Apps and Resources for Personal Purchase:

- Headspace
- Calm
- Cognitive Behavioral Therapy for Insomnia

CHILDREN AND FAMILIES

- *The New York Times*, "Talking to Teens and Tweens About Coronavirus"
- Nemours KidsHealth **kidshealth.org**, "How to Talk to Kids About the Coronavirus"
- WBUR, "The Kids May Not Be All Right. And That's OK"
- **Mass.gov**, "Open letter regarding co-parenting during COVID-19 from Chief Justice John D. Casey"
- *The Atlantic*, "How Are Parents Supposed to Deal With Joint Custody Right Now?"
- American Psychological Association, "How COVID-19 may increase domestic violence and child abuse"

The National Domestic Violence Hotline: **1-800-799-7233**
The Crisis Text Line: Text HOME to **741741**

BEHAVIORAL HEALTH ISSUES

- *The New York Times*, "For Those With O.C.D., a Threat That Is Both Heightened and Familiar"
- International OCD Foundation, "How to Find the Right Therapist"
- National Alliance on Mental Illness, "COVID-19 Resource and Information Guide"
- National Center for PTSD, "COVID-19: Resources for Managing Stress"

International OCD Foundation: Weekly Live Online OCD/Coronavirus Town Hall
National Suicide Prevention Lifeline: **1-800-273-8255**

SUBSTANCE USE DISORDERS

- Alcoholics Anonymous, "Meeting Guide"
- Alcoholics Anonymous, "Updates on Coronavirus (COVID-19)"
- Al-Anon Family Groups, "Al-Anon Meetings"
- Al-Anon Family Groups, "News from the WSO"
- Grayken Center for Addiction, "COVID-19 Recovery Resources"
- Substance Abuse and Mental Health Services Administration, "Virtual Recovery Resources"
- Substance Abuse and Mental Health Services Administration, "Coronavirus (COVID-19)"
- Bureau of Substance Addiction Services

Massachusetts Substance Use Helpline: **1-800-327-5050**

- "COVID-19 Resources for MA"
- What Is Naloxone and How to Use It
- "Social Distancing and Implications for Active Recovery from Addiction"

GRIEF AND LOSS

- Johns Hopkins Medicine, "Grief and Loss"
- Healthline, "How 'Anticipatory Grief' May Show Up During the COVID-19 Outbreak"
- **Grief.com**

HEALTH CARE WORKERS

- American Psychiatric Association, "Coronavirus / COVID-19 Information Hub"
- Physician Support Line: **1-888-409-0141**

QUESTIONS?

If you have specific HR-related questions, please reach out directly to your Human Resources Department.