

Behavioral Health Strategies

- A helpful breakdown of some easy preventive tips & strategies for combating mental stress, anxiety and related emotional issues during the current pandemic crisis. This article aims at individuals suffering from infection, people in quarantine, parents dealing with children combating mental stress, among other use case scenarios. Also, includes resources such as contact information to the National Suicide Hotline.
<https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>
- Provider preparedness and checklists from the CDC.
<https://www.cdc.gov/coronavirus/2019-ncov/hcp/preparedness-checklists.html>
- An additional link that can be shared with patients, colleagues and co-workers on combating self-quarantine/isolation during the COVID-19 outbreak. <https://www.washingtonpost.com/opinions/2020/03/17/combating-loneliness-an-age-self-quarantine/>
- Link to the American Foundation of Suicide Prevention, which details key ways to combat mental stress during the outbreak and may also be applied to general living situation where self- isolation is seen.
<https://afsp.org/taking-care-of-your-mental-health-in-the-face-of-uncertainty/>