

COVID-19 MENTAL HEALTH RESOURCE LIST

Compiled by the Northwest Portland Area Indian Health Board (NPAIHB)
NPAIHB COVID-19 Updates

MENTAL HEALTH RESOURCES FOR ASIAN AMERICANS AND PACIFIC ISLANDERS

- Asian Mental Health Collective has a therapist directory, community blog, and other resources to uplift mental health.
- Project Lotus has a blog, podcast, and webinars dedicated to destigmatizing mental health in Asian American communities.
- National Asian American Pacific Islander Mental Health Association
- Asian LifeNet Hotline
- Stop AAPI Hate has a resource page for those experiencing or witnessing hate.
- Asian American Health Initiative has a resource library with different toolkits and stories about self-care and mental health.
- Racial Equity Support Line - 503-575-3764, weekdays from 10am to 7pm PST

CHAT WITH A SUPPORTIVE LISTENER

- Crisis Text Line - Text "NATIVE" to 741741 to connect with a crisis counselor
- Disaster Distress Helpline - Call or text 1-800-985-5990
- National Suicide Prevention Lifeline - Call 1-800-273-8255
- Lines for Life - 24/7 free, confidential and anonymous help
 - Alcohol and Drug Helpline - 800-923-4357
 - Senior Loneliness Line - 503-200-1633
 - Youthline - 877-968-8491
- Idaho's COVID Help Now Line - Call or text (986) 867-1073
- Washington Listens - Call 1-833-691-0211 for support with COVID-19 related stress
- The Trevor Project - Call 1-866-488-7385 or text "START" to 678-678
- Trans Lifeline - Call 877-565-8860

TAKING CARE OF YOUR MENTAL HEALTH

- CDC - [Stress and Coping](#)
- National Alliance on Mental Illness - [COVID-19 Information and Resources](#)
- Crisis Text Line - [How to Handle Coronavirus](#)
- American Foundation for Suicide Prevention (AFSP) - [Mental Health and COVID-19](#)
- American Psychological Association - [COVID-19 Information and Resources](#)
- National Indian Health Board (NIHB) - [COVID-19 Community Health Tools](#)
- John Hopkins Center for American Indian Health - [COVID-19 Materials for Tribal Use](#)
- [National Center on Domestic Violence, Trauma and Mental Health](#)
- Suicide Prevention Lifeline - [Coping during COVID-19](#)
- The Trevor Project - [LGBTQ Youth Mental Health and Suicide Prevention](#)

SUBSTANCE USE DISORDER

- Recovery Speakers - [pre-recorded speeches](#)
- In the Rooms - [COVID-19 Online Recovery Resources](#)
- Harm Reduction Coalition - [Guidance for people who use drugs and harm reduction programs](#)
- [Connections App - A free app to support people in recovery during COVID-19](#)

RESOURCES FOR ELDERS

- CDC - [Older Adults and Coronavirus](#)
- NIHB [Tips for Health and Wellness for Elders](#)
- AFSP - [Caring for Elders](#)

RESOURCES FOR CHILDREN AND YOUTH

- Urban Indian Health Institute [Talking with Children](#)
- Center for American Indian Health [A children's storybook for COVID-19](#)
- CDC [Helping children cope with emergencies](#)
- Child Mind Institute [Talking to Kids about the Coronavirus](#)
- Be Strong Families [Daily Webinars for Parents and Families: COVID-19](#)
- Seize the Awkward [Maintaining Mental Health During Coronavirus](#)

RESOURCES BY STATE

- Washington
 - Washington State Coronavirus Response - [Mental and emotional well-being](#)
 - [Care Connect Washington](#)
- Oregon
 - Oregon Health Authority - [COVID-19 Community Resources](#)
 - Native American Youth and Family Center - [COVID-19 Community Resources](#)
- Idaho
 - Empower Idaho [COVID-19 Mental Health Resources](#)
 - [Idaho Official Resources for the Novel Coronavirus](#)