

Mental Health Resources

- Free Counseling: University of Holy Cross 504-398-2168
- Tips for Talking with Children from SAMHSA and Supporting Children During a Pandemic from Julie B. Kaplow, Ph.D.
- Information on Stress and Coping from CDC
- Headspace meditations (free for healthcare and K-12 education personnel)
- Talkspace (free therapy for impacted healthcare workers)
- Ways To Support Yourself During Social Distancing, Quarantine, and Isolation (SAMHSA: Substance Abuse and Mental Health Services Administration)
- Dept of Veterans Affairs' Veterans Crisis Line: 1-800-273-8255 and press 1, text 838255, or visit online.
 - Support for the deaf or hard of hearing: 1-800-799-4889
- Crisis Text Line: text HOME to 741741 for free, 24/7 COVID-19 support
- The Trevor Project: Crisis intervention and suicide prevention services for LGBTQ+ youth - 25 years old

Physical Fitness from Home (support some of our Health Summit small businesses!)

- Zoom Yoga by Amethyst Moon Yoga
- DT HomeWerk by Domango Training on Facebook Live and Instagram Live
- Workouts on Zoom with The PamJamCam