Helpful coronavirus (COVID-19) resources

Optum Public Crisis Line: Our toll-free emotional support help line at (866) 342-6892 is free of charge and available to anyone, so you can share it with family and friends. Caring professionals will connect people to resources. It will be open 24 hours a day, seven days a week.

Learn how to calm your fears and protect your health

- Read about mindfulness techniques for coping with coronavirus anxiety.

- Watch a video to learn about COVID-19, how to protect yourself, and where to get ongoing updates.

- **Watch a webinar: Coping with Traumatic Events**
  Traumatic events can range from acts of terrorism, war, natural disasters and infectious disease outbreaks such as COVID-19. Whatever form they take, when trauma hits close to home, it can be hard to process. Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children. This program helps identify and normalize reactions to traumatic events. Participants will explore the broad emotional impact and look at healthy ways to cope.

  Participants will:

  - Define what a “critical incident” is
  - Discuss expected expressions of grief and emotional toll
  - Identify appropriate means of support and how to avoid stressors
  - Learn effective stress-reduction techniques
  - Examine strategies for helping children cope
  - Determine when to seek professional support
  - Explore the range of normal responses to critical incidents, such as the outbreak of Coronavirus

- **Watch a webinar: Get the Best of Stress**
  In this training, participants will get an overview of stress basics as well as practical suggestions for coping with stressful situations, like the Coronavirus outbreak. The concept of stress hardiness is also introduced as a focus for healthy stress management. In addition, attendees will get tools to help them dial down stress and better understand personal and organizational aspects of stress.

  Participants will:

  - Learn ways to respond to stress differently
  - Apply several stress management techniques
  - Identify common sources of stress, such as seeing repeated images or hearing reports about the COVID-19 outbreak in the media, and learn our reactions to it

- Visit the CDC for more information and up-to-date resources.