

COVID-19 WEBSITES FOR PUBLIC HEALTH

Arizona Department of Health Services <https://www.azdhs.gov/preparedness/epidemiology-disease-control/infectious-disease-epidemiology/index.php#novel-coronavirus-healthcare-providers> |

844.542.8201

AHCCCS <https://azahcccs.gov/AHCCCS/AboutUs/covid19.html>

Governor Executive Orders <https://azgovernor.gov/executive-orders>

Maricopa County Department of Public Health <https://www.maricopa.gov/5491/Healthcare-Provider-Guidance>, 602.506.6767, Webinars for Healthcare Professionals/Register for the webinars every Tuesday: <https://register.gotowebinar.com/register/5417362365001367308>

Pima County Health Department

<https://webcms.pima.gov/cms/One.aspx?portalId=169&pageId=527452>, 844.542.6767, Dr. Bob England Daily Video updates <https://www.youtube.com/user/pimagov>

Arizona Medical Association / Compiled Resources <https://www.azmed.org/page/coronavirus>

Centers for Disease Control and Prevention <https://www.cdc.gov/coronavirus/2019-nCoV/hcp/index.html>, 800.CDC.INFO

Centers for Medicare and Medicaid Services <https://www.cms.gov/About-CMS/Agency-Information/Emergency/EPRO/Current-Emergencies/Current-Emergencies-page>

SAMHSA <https://www.samhsa.gov/coronavirus>

TELEPSYCHIATRY:

Telepsychiatry and COVID-19

https://www.psychiatry.org/psychiatrists/practice/telepsychiatry/blog/apa-resources-on-telepsychiatry-and-covid-19?utm_source=Internal-Link&utm_medium=COVID-HUB&utm_campaign=Covid-19

APA Telepsychiatry Toolkit <https://www.psychiatry.org/psychiatrists/practice/telepsychiatry/toolkit>

U.S. Health and Human Services – HIPAA and COVID-19 <https://www.hhs.gov/hipaa/for-professionals/special-topics/hipaa-covid19/index.html>

CMS Medicare Telemedicine Health Care Provider Fact Sheet <https://www.cms.gov/newsroom/fact-sheets/medicare-telemedicine-health-care-provider-fact-sheet>

Arizona Medical Association / Arizona Telemedicine Updates / Free Platform Available <https://www.azmed.org/page/COVID19Telemedicine>

Risk Management Amid a Global Pandemic, *Psychiatric News*, Anne Huben-Kearney, R.N., B.S.N., M.P.A., Published Online:28 Apr 2020 <https://doi.org/10.1176/appi.pn.2020.5a38>
<https://psychnews.psychiatryonline.org/doi/10.1176/appi.pn.2020.5a38>

VOLUNTEER OPPORTUNITIES:

Arizona Emergency System for the Advance Registration of Volunteer Health Professionals:
<https://esar-vhp.health.azdhs.gov/>

Physician Support Line: <https://www.physiciansupportline.com/>

MENTAL HEALTH AND WELLNESS RESOURCES DURING COVID-19:

From the APA COVID-19 Resources Hub <https://www.psychiatry.org/psychiatrists/covid-19-coronavirus> (highlighted links and articles detailed below)

AHCCCS Behavioral Health Resources <https://azahcccs.gov/AHCCCS/AboutUs/covid19.html> AHCCCS resources on COVID-19 AHCCCS Behavioral Health Resources include links to the CDC and WHO resources in the APA listing above, as well as local crisis lines for assistance

The National Council for Behavioral Health <https://www.thenationalcouncil.org/covid19/> The National Council for Behavioral Health includes resources for the public, behavioral health organizations, and behavioral health providers, on how to engage, provide care, be the difference, and maintain good self-care and care for your patients and family.

Physician Support Line: <https://www.physiciansupportline.com/> Call 1 (888) 409-0141. Psychiatric physician volunteers supporting physician colleagues all over the U.S. on the front lines of COVID-19, Free & Confidential, No appointment necessary, Open 7 days a week, 8:00AM - 3:00AM EST

Understanding and Addressing Sources of Anxiety Among Health Care Professionals During the COVID-19 Pandemic, Tait Shanafelt, MD1; Jonathan Ripp, MD, MPH2; Mickey Trockel, MD, PhD1, JAMA. Published online April 7, 2020. doi:10.1001/jama.2020.5893

<https://jamanetwork.com/journals/jama/fullarticle/2764380>

Attending to the Emotional Well-Being of the Health Care Workforce in a New York City Health System During the COVID-19 Pandemic, Ripp, Jonathan MD, MPH; Peccoralo, Lauren MD, MPH; Charney, Dennis MD; Academic Medicine: April 10, 2020 - Volume Publish Ahead of Print - Issue - doi: 10.1097/ACM.0000000000003414

https://journals.lww.com/academicmedicine/Abstract/publishahead/Attending_to_the_Emotional_Well_Being_of_the.97217.aspx

Caring for Healthcare Workers during Crisis: Creating a Resilient Organization; American Medical Association; Tait D. Shanafelt, MD; Jonathan Ripp, MD; Marie Brown, MD; Christine A. Sinsky, MD, <https://www.ama-assn.org/system/files/2020-04/caring-for-health-care-workers-covid-19.pdf>

Well-Being Staff Resources During COVID-19, Mount Sinai

<https://www.mountsinai.org/about/covid19/staff-resources/well-being>

Arizona Support for Licensed Health Care Professionals: Are you a licensed professional who is overwhelmed by the current COVID-19 crisis? Let us help. At Arizona Professionals' Health Program we specialize in helping you get back on track to delivering your personal best. Invest in your wellness now!

We offer telehealth appointments flexible to your schedule. We are available nationwide! Take advantage of our 'Healthcare Heroes' rate--health care professionals and first responders should ask us about our special rates for those on the front lines of this crisis. Go to <http://arizonaphp.net> and send us an email, or call 1-888-776-7471 to schedule an appointment.

INTEGRATIVE MEDICINE, WELLNESS, AND WELL-BEING:

https://tucson.com/thisistucson/tucsonlife/just-remember-earth-simple-ways-to-help-kids-through-this/article_68de6cc8-6b09-11ea-959a-dfd6dd12bc1b.html?fbclid=IwAR2MXftvHSfoJ_pBzswpsIDCT4JZgxR7mgCoACkPKWj-IK-2iZ9A92DwQ2o

<https://psychiatry.arizona.edu/blog-post/helping-children-cope-covid-19-pandemic>

Well-Being Resources - Academic Consortium for Integrative Medicine and Health imconsortium.org

Center for Mind Body Wellness (webinars and other events) <https://cmbm.org/>

https://greatergood.berkeley.edu/article/item/how_to_keep_the_greater_good_in_mind_during_the_coronavirus_outbreak?fbclid=IwAR1e2t9zZ4NFOiKPrCm985saeWRB0OF4ums72xWkLrLBS8R-alLtd6CAGwc How to Keep Greater Good in Mind During the Coronavirus Outbreak

<https://afsp.org/taking-care-of-your-mental-health-in-the-face-of-uncertainty/?fbclid=IwAR1Wgzn4lYFYKvWt0mXwZLK6sJtsOriMKliuiXRmBd9lyUpplgc6nSu3jZU>

American Foundation for Suicide Prevention: Taking Care of your Mental Health in the Face of Uncertainty

<http://www.azpha.org/wills-blog/2020/3/25/isolation-v-quarantine> **Arizona Public Health Association** Director's Blog, Isolation v. Quarantine

<https://www.neurosequential.com/covid-19-resources> **Neurosequential Network.** Includes: Neurosequential Network Stress & Resilience video with Bruce Perry, MD, PhD. This brief (15 min) video discusses how the pattern of stress can determine risk or resilience. The importance of structure, predicability and moderation of daily stress is highlighted. <https://vimeo.com/399872149> In addition, at posted times, Dr. Bruce Perry holds online office hours. During "office hours," Dr. Perry will be online and available to answer questions and for discussion. Free to join; if you miss a session, the sessions will be recorded and links will be posted at the link above.

<https://www.thenationalcouncil.org/covid19/> **The National Council for Behavioral Health** includes resources for the public, behavioral health organizations, and behavioral health providers, on how to engage, provide care, be the difference, and maintain good self-care and care for your patients and family.

FOR PATIENTS, FAMILIES AND PEER SUPPORT:

Arizona 2-1-1: <https://211arizona.org/>

Crisis Response Network <https://www.crisisnetwork.org/> (Central and Northern Arizona)

NAMI Southern Arizona Crisis Lines: <http://www.namisa.org/crisis-information.html>

Socio- and Economic Support: <https://arizonatogether.org/>

AHCCCS Office of Individual and Family Affairs

<https://www.azahcccs.gov/AHCCCS/HealthcareAdvocacy/OIFA.html>

AHCCCS National and Local Crisis Support Lines

<https://www.azahcccs.gov/BehavioralHealth/crisis.html>

Mental Health America Arizona <https://www.mhaarizona.org/>

NAMI Arizona <http://www.namiarizona.org/>

NAMI Valley of the Sun <https://namivalleyofthesun.org/>

NAMI Southern Arizona <http://www.namisa.org/>

Northern Arizona Advocacy & Support Groups <http://www.narbha.org/resources-&-links/advocacy-support/>

NAMI Affiliates Listing <http://www.namiarizona.org/page23/index.html>

Mentally Ill Kids in Distress <https://www.mikid.org/>

Arizona Together (Resources for those needing assistance) <https://arizonatogether.org/>

COVID Information for Spanish Speaking Patients and Families

<https://hispanichealth.arizona.edu/informacion-y-recursos-acerca-del-coronavirus-19-en-su-idioma>

LaFrontera Arizona Suicide EMPACT Center <http://lafrontera-empact.org/>

From the APA COVID Resources Hub, Highlighted Resources for Psychiatry/Mental Health:

<https://www.psychiatry.org/news-room/apa-blogs/apa-blog/2020/02/coronavirus-and-mental-health-taking-care-of-ourselves-during-infectious-disease-outbreaks>

https://www.cstsonline.org/assets/media/documents/CSTS_FS_Taking_Care_of_Patients_During_Coronavirus_Outbreak_A_Guide_for_Psychiatrists_03_03_2020.pdf

https://www.cstsonline.org/assets/media/documents/CSTS_FS_Psychological_Effects_Quarantine_During_Coronavirus_Outbreak_Providers.pdf

https://www.cstsonline.org/assets/media/documents/CSTS_FS_Sustaining_Well_Being_Healthcare_Personnel_during.pdf.pdf

https://www.cstsonline.org/assets/media/documents/CSTS_FS_Caring_for_Patients_Mental_WellBeing_during_Coronavirus.pdf.pdf

https://www.cstsonline.org/assets/media/documents/CSTS_FS_Psychological_Effects_Quarantine_During_Coronavirus_Outbreak_Providers.pdf

<https://jamanetwork.com/journals/jama/fullarticle/2762996> (Care for Critically Ill Patients with COVID-19)

<https://www.samhsa.gov/sites/default/files/tips-social-distancing-quarantine-isolation-031620.pdf>

<https://www.psychiatry.org/news-room/apa-blogs/apa-blog/2020/03/covid-19-mitigating-risks-for-contagion-stigma>

<https://jamanetwork.com/journals/jamanetworkopen/fullarticle/2763229> (Factors Associated With Mental Health Outcomes Among Health Care Workers Exposed to Coronavirus Disease 2019)

APA Resources for Families:

<https://www.psychiatry.org/news-room/apa-blogs/apa-blog/2020/02/coronavirus-and-mental-health-taking-care-of-ourselves-during-infectious-disease-outbreaks> Coronavirus and Mental Health: Taking Care of Ourselves During Infectious Disease Outbreaks (APA)

<http://workplacementalhealth.org/Employer-Resources/Working-Remotely-During-COVID-19> Working Remotely During COVID-19: Your Mental Health and Well-being (APA Foundation's Center for Workplace Mental Health, CWMH)

https://www.nctsn.org/sites/default/files/resources/fact-sheet/outbreak_factsheet_1.pdf Taking Care of Family Well-Being (National Child Traumatic Stress Network, NCTSN)

https://www.cstsonline.org/assets/media/documents/CSTS_FS_Helping_Homebound_Children_during_COVID19_Outbreak.pdf Supporting Homebound Children During COVID-19 (CSTS)

<https://www.samhsa.gov/sites/default/files/tips-social-distancing-quarantine-isolation-031620.pdf>

Supporting Your Family During Quarantine or Isolation: Tips for Social Distancing, Quarantine, and Isolation during an Infectious Disease Outbreak (SAMHSA)

<https://www.consumer.ftc.gov/features/coronavirus-scams-what-ftc-doing> Be Aware of Scams.

Consumers and healthcare facilities have been targeted by scammers pretending to be representatives of CDC or WHO and asking for personal information, donations, etc.

APA Resources for Health Care and Community Leaders:

<https://www.psychiatry.org/news-room/apa-blogs/apa-blog/2020/02/coronavirus-and-mental-health-taking-care-of-ourselves-during-infectious-disease-outbreaks> Coronavirus and Mental Health: Taking Care of Ourselves During Infectious Disease Outbreaks (APA)

<http://workplacementalhealth.org/Employer-Resources/Working-Remotely-During-COVID-19> Working Remotely During COVID-19: Your Mental Health and Well-being (APA Foundation's Center for Workplace Mental Health, CWMH)

https://www.ptsd.va.gov/covid/COVID_providers_comm_leaders.asp Helping People Manage Stress Associated with the COVID-19 Virus Outbreak (National Center for PTSD)

https://www.cstsonline.org/assets/media/documents/CSTS_FS_Psychological_Effects_Quarantine_During_Coronavirus_Outbreak_Leaders.pdf How Public Health Leaders Can Support Communities Dealing with Quarantine (CSTS)

https://www.cstsonline.org/assets/media/documents/CSTS_FS_Coronavirus_Leaders_Guide_to_Risk_Communication_in_the%20Face_of_Emerging_Threats_Outbreaks.pdf Health Risk and Crisis Communication to Enhance Community Wellness (CSTS)

<https://www.who.int/teams/risk-communication> (Myth Busting around COVID-19) Addressing Stigma Associated with COVID-19 (World Health Organization)