



COVID-19: Mental Health Resources

We know this is a stressful time for everyone. Here are some resources specifically related to COVID-19:

- [Resilient Wisconsin](#)
- [National Mental Health Alliance](#)
- [DHS Psychological Response to Disaster](#)
- [DHS Resilient Wisconsin](#)
- [CDC Coping with a Disaster or Traumatic Event](#)
- [CDC Manage Anxiety and Stress](#)
- [SAMHSA Taking Care of Your Behavioral Health: Tips for Social Distancing, Quarantine, and Isolation](#)
- [Mental Health First Aid - How to Help Someone with Anxiety or Depression During COVID-19](#)
- [Talking with Children about COVID-19](#)
- [Washburn County Mental Health and AODA resources](#)
- Distress Line: call 1-800-985-5990 or text TalkWithUs to 66746
- Washburn County Crisis Line: 1-888-860-0373