

COVID-19 and Mental Wellness

During this stressful time, myStrength is here for you. Learn ways to manage extreme stress, get tips for parenting during challenging times, and find support to help you take care of your emotional health.*

*The COVID-19 and Mental Wellness resources are available to you and your friends and family at no cost through the end of August.

<https://bh.mystrength.com/beaconcovidsupport>

<https://omh.ny.gov/omhweb/covid-19-resources.html>

Managing stress and anxiety in context of COVID-19:

<https://omh.ny.gov/omhweb/guidance/covid-19-managing-stress-anxiety.pdf>

Managing healthcare worker's stress associated with COVID-19:

<https://www.ptsd.va.gov/covid/COVID19ManagingStressHCW032020.pdf>

Self-care advice from the APA:

https://www.apaservices.org/practice/ce/self-care/health-providers-covid-19?_ga=2.13169328.645458588.1585938944-296781078.1561657065

Free download of "A Kids Book about Covid-19" (simple explanations that could be used as a basis for discussing COVID-19 with individuals with disabilities):

<https://akidsbookabout.com/>

Suggestions on talking to people with intellectual disabilities about COVID-19 by Irene Tuffrey-Wijne (Researcher/professor in ID and palliative care)

<https://www.openfuturelearning.org/blog/index.php/how-do-you-talk-about-covid-19-to-people-with-intellectual-disabilities/>

And a link to Dr. Tuffrey-Wijne's website that has additional free resources (that may not be able to be accessed through OPWDD computers):

<http://www.tuffrey-wijne.com/>

Info on Psychological First Aid from the WHO:

https://apps.who.int/iris/bitstream/handle/10665/44615/9789241548205_eng.pdf;jsessionid=B81D71AF2C08981C994DC7BDB8605010?sequence=1

And similar, but shorter info on Psychological First Aid:

<http://disaster-relief.org/pdf/psychological-first-aid.pdf>