

**Department of Psychiatry and Behavioral Medicine
Center for Wellbeing**

900 Main Street, Suite 720
Peoria, Illinois 61602

Debra Disney, MEd, LCPC
Director

**April 23, 2020
UICOMP Town Hall - C19 Resources**

- ***Suicide Prevention Hotline***
 - (800) 273-8255, or dial 911
 - <https://suicidepreventionlifeline.org/>

- ***American Psychological Association***
 - COVID-19 psychological impact <https://www.apa.org/topics/covid-19/psychological-impact>
 - COVID-19 resources: <https://www.apa.org/topics/covid-19>

- ***Substance Abuse and Mental Health Services Administration:***
 - Hotline: (800) 662-HELP (4357)
 - <https://www.samhsa.gov/coronavirus>
 - <https://www.samhsa.gov/sites/default/files/tips-social-distancing-quarantine-isolation-031620.pdf>

- ***National Domestic Violence Hotline***
 - Hotline: 1-800- 799-7233 (SAFE)
 - <https://www.thehotline.org/>

- ***National Alliance on Mental Illness***
 - Hotline: (800) 950-NAMI (6264)
 - <https://www.nami.org/getattachment/About-NAMI/NAMI-News/2020/NAMI-Updates-on-the-Coronavirus/COVID-19-Updated-Guide-1.pdf>

- ***National Child Traumatic Stress Network***
 - Psychological First Aid - <https://www.nctsn.org/treatments-and-practices/psychological-first-aid-and-skills-for-psychological-recovery/about-pfa>
 - PFA Manual: <https://www.nctsn.org/resources/psychological-first-aid-pfa-field-operations-guide-2nd-edition>
 - Coursera through John Hopkins: <https://www.coursera.org/learn/psychological-first-aid>

- ***National Institute for the Clinical Application of Behavioral Medicine***
 - Free resources: <https://www.nicabm.com/free-resources/>

- ***Center for Wellbeing COVID-19 resources***
 - <https://peoria.medicine.uic.edu/departments/psych/wellbeing/covid-19-support/>