

# ***Mental Health & the COVID-19 Crisis***

***Our faith as a source of strength & resources to support us on this journey***

Resources:

Archdiocese of Washington Department of Special Needs Ministries

<https://adw.org/living-the-faith/special-needs/mental-illness/>

National Catholic Partnership on Disability

***Mental Health Resources***

<https://ncpd.org/taxonomy/term/22>

***Welcomed and Valued: Supporting People with Mental Illness in Parish Life***

[https://ncpd.org/resources\\_and\\_toolkits/welcome-and-valued-dvd](https://ncpd.org/resources_and_toolkits/welcome-and-valued-dvd)

**COVID-19 Resources**

<https://ncpd.org/covid-19-resources>

**Catholic Charities**

Anchor Counseling Services

<https://www.catholiccharitiesdc.org/acs/>

**Catholic resource for counseling**

St. Jerome Counseling Program

<http://www.stjeromes.org/education/counseling-program>

**Caritas Counseling Center**

<https://sli.org/about-us/locations/caritas-counseling-center/>

**Dr. Lianna Bennett, PsyD**

<http://www.bennettpsychotherapy.com/bennett>

**Mental Health Ministries (Christian based resources)**  
<http://www.mentalhealthministries.net>

**National Suicide Prevention Lifeline**  
**1-800-273-8255**  
<https://suicidepreventionlifeline.org>

**National Alliance on Mental Illness**  
*Numbers listed are not crisis lines*  
<https://www.nami.org>  
<https://www.nami.org/Get-Involved/NAMI-FaithNet/Resources>

NAMI DC <http://www.namidc.org> OR 202-546-0646  
NAMI Prince George's County <https://www.namipgc.org> OR  
301-429-0970  
NAMI Montgomery County <https://namimc.org> OR 301-949-5852  
NAMI Southern MD <https://www.facebook.com/NAMISOMD/> OR  
301-392-7109

**Resources for Self- Care and Family Care During COVID-19:**

**Catholic Charities**  
Keeping Body, Mind and Spirit Healthy  
<https://www.catholiccharitiesusa.org/wp-content/uploads/2020/04/CCUSA-Wellness-Message-Spring-2020.pdf>

**Mental Health America**  
Parenting During Coronavirus  
<https://mhanational.org/blog/parenting-during-coronavirus>

**National Association of School Psychologist**  
Care for Caregivers: Tips For Families and Educators  
<https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/mental-health-resources/care-for-caregivers-tips-for-families-and-educators>

**NFCYM: MANAGING PERSONAL FINANCES IN A CRISIS**  
<https://nfcym.org/resources/webinars/crisis-webinars/>  
All NFCYM webinars are on this page.

### **St. Luke's Institute**

Free Webinars on managing stress, coping with anxiety and praying during this time

<https://www.sliconnect.org/resiliency/>

<https://sli.org/covid-19-response/>

### **Working from Home During COVID-19:**

#### **Paulist Evangelization Ministries**

After the Pandemic - Opening up Again / Webinar Recording

<https://www.youtube.com/watch?v=NmqmLpuSey8&feature=youtu.be>

#### **NFCYM WEBINAR: FAMILIES AT HOME: MANAGING AND WORKING AMIDST A STAY AT HOME REALITY**

<https://nfcym.org/resources/webinars/crisis-webinars/>

All NFCYM webinars are on this page.

#### **Catholic Apostolate Center:**

Strategies for Handling Remote Work During COVID-19

<https://www.catholicapostolatecenter.org/covid-19.html>

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*Archdiocese of Washington*

Department of Special Needs Ministries