

Pennsylvania Army National Guard Psychological Health Program

COVID-19 Coping Resources

Pennsylvania

The Department of Human Services (DHS) announced the launch of a statewide Support & Referral Helpline staffed by skilled and compassionate staff who will be available 24/7 to assist Pennsylvanians struggling with anxiety and other challenging emotions due to the COVID-19 emergency and refer them to community-based resources that can further help to meet individual needs. The toll-free, round-the-clock support line is officially operational. The number to call is **1-855-284-2494**. For TTY, dial 724-631-5600.

Suicide Crisis Call Line **1-800-273-8255**, which provides urgent needs and direction to help in every area of the state. A text option is also available via the Crisis Text Line, offering free 24/7 support by texting **"PA" to 741741** to, in turn, text with a trained Crisis Counselor there to support people in crisis.

Warm Lines

| | | |
|---|-------------------------------------|----------------------------|
| Fort Indiantown Gap, Annville Warm Line | 1-855-284-2494. | 24/7 |
| Philadelphia Warm Line | (855) 507-9276 or (267) 507-3945 | M-F 4 - 7 pm |
| Bucks County Warm line | (215) 896-9717 | M-F 1 - 5 pm |
| Allegheny County Warm line | (866) 661-9276 | Daily, 10 am - 12 midnight |
| Peer Support Talk Line | (855) 715-8255 | Daily, 1 - 9 pm |
| Valley Creek Crisis Center Warm Line | (866) 846-2722 | Daily, 10am-10pm |
| Altoona | (814) 946-9050 | Daily, 7am-11pm |

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Hotlines/Help Lines/Crisis Lines

SAMHSA's Disaster Distress Helpline

Toll-Free: 1-800-985-5990 (English and español)

SMS: Text TalkWithUs to 66746

SMS (español): "Hablanos" al 66746

TTY: 1-800-846-8517

Website (English): <http://www.disasterdistress.samhsa.gov>

WEBSITE (ESPAÑOL):

<HTTP://WWW.DISASTERDISTRESS.SAMHSA.GOV/espanol.aspx>

Stress, anxiety, and other depression-like symptoms are common reactions after any natural or human-caused disaster. Call this toll-free number to be connected to the nearest crisis center for information, support, and counseling.

SAMHSA's National Helpline

Toll-Free: 1-800-662-HELP (24/7/365 Treatment Referral Information Service in English and español) Website: <http://www.samhsa.gov/find-help/national-helpline>

Also known as, the Treatment Referral Routing Service, this Helpline provides 24-hour free and confidential treatment referral and information about mental and/or substance use disorders, prevention, and recovery in English and Spanish.

National Suicide Prevention Lifeline

Toll-Free (English): 1-800-273-TALK (8255)

Toll-Free (español): 1-888-628-9454

TTY: 1-800-799-4TTY (4889)

Website (English): <http://www.suicidepreventionlifeline.org>

Website (español): <http://www.suicidepreventionlifeline.org/gethelp/spanish.aspx>

24-hour, toll-free, confidential suicide prevention hotline available to anyone in suicidal crisis or emotional distress. Your call is routed to the nearest crisis center in the national network of more than 150 crisis centers.

Veteran's Crisis Line

1-800-273-TALK (8255)

TTY: 1-800-799-4889

Website: www.veteranscrisisline.net

Connects veterans in crisis (and their families and friends) with qualified, caring Department of Veterans Affairs responders through a confidential, toll-free hotline, online chat, or text.

Post-Partum Depression Hotline

1-800-PPDMOMS (773-6667)

Provides peer support and referrals

Hotline for Survivors of Domestic Abuse

Love is Respect

1-866-331-9947 (24/7)

Text "loveis" to 22522

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National Sexual Assault Crisis Line (RAINN)

800-656-4673

Trans Lifeline

Dial 877-565-8860 for US and 877-330-6366 for Canada. Trans Lifeline's Hotline is a peer support service run by trans people, for trans and questioning callers.

National Domestic Violence Hotline

For any victims and survivors who need support, call 1-800-799-7233 or 1-800-787-3224 for TTY, or if you're unable to speak safely, you can log onto thehotline.org or text LOVEIS to 22522.

The National Sexual Assault Telephone Hotline

Call 800.656.HOPE (4673) to be connected with a trained staff member from a sexual assault service provider in your area.

Treatment Locator Behavioral Health Treatment Services Locator Website:

<http://findtreatment.samhsa.gov/locator/home>

For help finding treatment 1-800-662-HELP (4357) <https://findtreatment.gov/>

SAMHSA Disaster Technical Assistance Center

Toll-Free: 1-800-308-3515

Email: DTAC@samhsa.hhs.gov

Website: <http://www.samhsa.gov/dtac>

Caregiver Help Desk

Contact Caregiver Action Network's Care Support Team by dialing [855-227-3640](tel:855-227-3640). Staffed by caregiving experts, the Help Desk helps you find the right information you need to help you navigate your complex caregiving challenges. Caregiving experts are available 8:00 AM – 7:00 PM ET.

The Partnership for Drug-free Kids Helpline

Call [1-855-378-4373](tel:1-855-378-4373) if you are having difficulty accessing support for your family, or a loved one struggling with addiction faces care or treatment challenges resulting from COVID-19 circumstances, the Partnership for Drug-free Kids' specialists can guide you. Support is available in English and Spanish, from 9:00am-midnight ET weekdays and noon-5:00pm ET on weekends.

Dial 2-1-1

If you need assistance finding food, paying for housing bills, accessing free childcare, or other essential services, visit 211.org or dial 211 to speak to someone who can help. Run by the United Way.

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COVID-19 General Knowledge Resources

Centers for Disease Control: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

World Health Organization: <https://www.who.int/health-topics/coronavirus>

Military Health System: <https://health.mil/News/In-the-Spotlight/Coronavirus>

Army Public Health Center:
<https://phc.amedd.army.mil/topics/campaigns/covid19/Pages/COVID19Updates.aspx>

USUHS Center for Traumatic Stress: <https://www.cstsonline.org/resources/resource-master-list/coronavirus-and-emerging-infectious-disease-outbreaks-response>

Tricare COVID-19 Toolkit: <https://health.mil/About-MHS/MHS-Toolkits/COVID-19-Toolkit>

Tricare Corona Virus Guidance:
<https://www.tricare.mil/HealthWellness/HealthyLiving/Coronavirus>

Military One Source COVID-19 Resources:
<https://www.militaryonesource.mil/coronavirus>

NASW Resources: <https://www.socialworkers.org/Practice/Infectious-Diseases/Coronavirus>

Podcasts: <https://www.socialworkers.org/News/Social-Work-Talks-Podcast/EP48-Self-Care-During-the-Coronavirus-Pandemic>

APA Resources: <https://www.apa.org/practice/programs/dmhi/research-information/pandemics>

Infection Control Guidelines:
https://www.cdc.gov/coronavirus/2019-ncov/infection-control/control-recommendations.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fhcp%2Finfection-control.html

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COPING Resources

Health

CDC Best Practices and Preventive Actions

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/get-your-household-ready-for-COVID-19.html>

PA Department of Health <https://www.health.pa.gov>

Pro-bono Telehealth Counseling Options

www.giveanhour.org

<https://www.cohenveteransnetwork.org/telehealth/>

<https://www.militaryonesource.mil/confidential-help/non-medical-counseling>

The Disaster Distress Helpline, 1-800-985-5990, is a 24/7, 365-day-a-year, national hotline dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster, including disease outbreaks like COVID-19. This toll-free, multilingual, and confidential crisis support service is available to all residents in the United States and its territories.

Activities

Virtual Tours

Museums- <https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours>

National Parks- <https://www.travelandleisure.com/trip-ideas/national-parks/virtual-national-parks-tours>

Stories Online

<https://www.storylineonline.net/>

Audible (an Amazon Company)
<https://stories.audible.com/start-listen>

For as long as schools are closed, we're open. Starting today, kids everywhere can instantly stream an incredible collection of stories, including titles across six different languages, that will help them continue dreaming, learning, and just being kids.

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Artistic Outlets

Coloring <https://printablefreecoloring.com>

Doodling (new content daily) <https://www.kennedy-center.org/education/mo-willems/>

Exercise and Fitness

Fitness at home

<https://www.boxrox.com/free-at-home-crossfit-workouts-from-the-community-covid-19/>

ACFT Preparation

<https://www.muscledandstrength.com/workouts/army-combat-fitness-test>

Workouts (free for nonmembers)

<https://www.orangetheory.com/en-us/athome/> (also on YouTube)

<https://www.facebook.com/planetfitness>

Yoga <http://www.facebook.com/vetoga> or www.Vetoga.org

Workout Plans:

- Try interval training outdoors by running or jogging one block as fast as you can, then slow down for a recovery walk for the next block, and continue
- 5 push-ups, 10 crunches, 10 mountain climbers, 20 squats, 20 lunges, 30 calf raises
- Complete the following circuit three to five times: 30 jumping jacks, 5 push-ups, 25 high knees, 7 burpees, 10 crunches, 5 push-ups, 7 squats, 30 jumping jacks, 1x 1 minute wall sit, 5 push-ups, 25 high knees. Repeat this 3-5 times

Coping Skills

Safe Space <https://www.vibrant.org/safespace/>

Body Scan <https://soundcloud.com/mindfulmagazine/3-minute-body-scan-techniques.pdf>

Grounding <https://www.therapistaid.com/worksheets/grounding-techniques.pdf>



















Breathing and Relaxation <https://www.stopbreathethink.com/>

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Phone Apps:

Rx PRESCRIPTION FOR BEHAVIORAL HEALTH
Mobile Resources

Date _____

| | | | | | |
|--------------------------|---|--------------------------|---|--------------------------|--|
| <input type="checkbox"/> |  ACT Coach* | <input type="checkbox"/> |  LifeArmor | <input type="checkbox"/> |  PTSD Coach* |
| <input type="checkbox"/> |  Breathe2Relax | <input type="checkbox"/> |  Mindfulness Coach* | <input type="checkbox"/> |  Stay Quit Coach* |
| <input type="checkbox"/> |  CBT-i Coach* | <input type="checkbox"/> |  Moving Forward* | <input type="checkbox"/> |  T2 Mood Tracker |
| <input type="checkbox"/> |  Concussion Coach* | <input type="checkbox"/> |  Parenting2Go* | <input type="checkbox"/> |  Tactical Breather |
| <input type="checkbox"/> |  CPT Coach* | <input type="checkbox"/> |  PE Coach* | <input type="checkbox"/> |  The Big Moving Adventure |
| <input type="checkbox"/> |  Dream EZ | <input type="checkbox"/> |  Positive Activity Jackpot | <input type="checkbox"/> |  Virtual Hope Box |

COMMENTS _____

Download free apps available from the National Center for Telehealth & Technology.
t2health.dcoe.mil/products/mobile-apps
*These apps were developed in partnership with the U.S. Department of Veterans Affairs.

Released January 2017 | This product developed by the National Center for Telehealth & Technology is reviewed annually and is current until superseded. Visit t2health.dcoe.mil for more information. Product ID # 4095

Articles

Coping with the Corona Virus with Mindfulness and Compassion

<https://www.psychologytoday.com/us/blog/the-compassion-chronicles/202003/coping-the-corona-virus-mindfulness-and-compassion>

Coping with Stress

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>

How to talk to your children about COVID?

<https://www.marketwatch.com/amp/story/quid/E627F23C-5F27-11EA-9EB1-848872F13637>

Supporting Your Child During COVID-19 – This webpage offers guidance for managing and responding to signs of stress in children.

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>

NAMI: Coping with COVID-19 from a Behavioral Health Perspective

<https://www.nami.org/getattachment/Press-Media/Press-Releases/2020/COVID-19-and-Mental-Illness-NAMI-Releases-Importan/COVID-19-Updated-Guide-1.pdf?lang=en-US>

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Helping Services

Vet Centers- Offering Telehealth from DC, Alexandria and Silver Spring
<https://www.vetcenter.va.gov/>

Military and Veteran Crisis Line (1-800-273-8255 - press 1)
<https://www.veteranscrisisline.net/get-help/local-resources>

OR

Text SIGNS to 741741 for the Crisis Text Line.
www.suicidepreventionlifeline.org

VA Benefits (General and GI Bill Page) – This webpage provides updates and information on financial and other forms of assistance to Veterans and their dependents. <https://benefits.va.gov/benefits/>

Service Member Family Support are still operational and available by phone and email during business hours (for National Guard, Reserve Component, Veterans, and their families). https://ngpapak04.ng.ds.army.mil/sites/ARNG_Staff2/G9/default.aspx

Military OneSource- www.militaryonesource.mil or 1-800-342-9647

Online learning and resources (employment/teleworking, home learning for students, travel/relocation information etc.) and video/phone supports available (to include non-medical counseling ONLINE for adults and youth).
<https://www.militaryonesource.mil/coronavirus> or call 1-800-342-3647

Team Red, White, and Blue – offering virtual connect events for physical, social, and emotional well-being for Military Service Members, Veterans, and families (and all community members). Download the Team RWB app on smart phones/tablets to connect to Team Pennsylvania activities. Team RWB State Coordinator contact: Chris Lancia chris.lancia@teamrwb.org

Next Door *Nextdoor is the neighborhood hub for trusted connections and the exchange of helpful information, goods, and services. Join your neighborhood.*
<https://nextdoor.com/>

Emergency kit checklist for Families:
<https://www.cdc.gov/childrenindisasters/checklists/kids-andfamilies.Html>

Poison Center (800) 222-1222 *Advice on how to handle a poison situation.*

American Red Cross (717) 234-3101 or 1-866-311-3832 *Provides services to military families and Veterans and Disaster Relief needs*

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Utility Needs

Pennsylvania Lifeline Program provides free or low-cost telephone or cell phones to low-income Pennsylvania residents. Call 1-800-837-4966 to find out if you qualify.

Comcast/Xfinity Hot Spots are now free to the public.

T-Mobile Lifeline is now offering expanded low cost or free services to persons receiving Medical Assistance. Call 1-866-454-8387

Assurance is offering unlimited domestic calling and texting plus an extra 6GB through May 20, 2020. Visit: assurancewireless.com

Stay Warm PA Initiative 1-866-550-4355 www.staywarmpa.com *Helps with utility bills and furnace repairs conserving energy at home and winterizing home*

Financial Needs

Army Emergency Relief – <https://www.armyemergencyrelief.org/covid19/> AER will assist non-Title 10 ARNG and USAR Soldiers on a case-by-case basis when they are experiencing extreme or unusual financial hardship due to a canceled deployment or the current DoD travel ban. Visit <https://www.armyemergencyrelief.org/covid19/nontitle10reserve/> for additional information and to determine eligibility.

Pen Fed Foundation - <https://penfedfoundation.org/apply-for-assistance/coronavirus-emergency-financial-assistance/> The COVID-19 Emergency Relief Program was created to provide financial assistance to all Veterans, Active Duty Service Members, National Guard and the Reserves who are experiencing a financial setback due to the negative economic effects of the COVID-19 pandemic. The grant amount will support 1 month of payment up to \$1500 in the following areas: Rent, Mortgage, Auto Loan/Lease and Utilities. The other programs that the PenFed Foundation offer are: 1) Emergency Financial Assistance, 2) Family & Caregiver Support Grants, 3) Dream Makers Home Buying Grants, 4) Veteran Entrepreneur Investment Program (VEIP).

Gary Sinise Foundation - <https://www.garysinisefoundation.org/blog/2020-03-09-gary-sinise-foundation-announces-proactive-measures-in-wake-of-the/> First responders can apply for a First Responder Grant for purchasing personal protective equipment and essential gear that guards against the transmission of the disease. Additionally, any military service members, veterans, first responders, and their families affected by COVID-19 can apply for financial assistance through an initiative of the Foundation's Relief and Resiliency program, called H.O.P.E. (heal, overcome, persevere, and excel).

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Military Friends Foundation - <https://www.militaryfriends.org/programs/> Individuals meeting eligibility criteria may qualify for a Basic Needs Grant or Crisis Response Grant. Visit website for eligibility criteria and to submit an application online.

American Red Cross – <https://www.redcross.org/get-help/military-families/financial-assistance.html> The American Red Cross works in partnership with military aid societies to provide quality, reliable financial assistance to eligible applicants 24/7/365. Assistance can include funds for emergency travel, burial of a loved one, emergency food and shelter, etc. If your family needs emergency assistance, you can [submit a request online](#) or call the American Red Cross at 1-877-272-7337.

Operation Homefront - <https://www.operationhomefront.org/custompage?Id=6364> Eligible individuals can apply for financial assistance for overdue bills, repairs or other critical family needs.

Veterans of Foreign Wars - <https://www.vfw.org/assistance/financial-grants> Unmet Needs is there to help America's military families who have run into unexpected financial difficulties as a result of deployment or other military-related activity or injury. The program provides financial aid grants of up to \$1,500 to eligible individuals to assist with basic life needs.

United Way - <https://www.uwp.org/> Visit link or contact 2-1-1 to locate your local United Way chapter. Special Assistance for Grants and Emergencies (S.A.G.E.) are available to address urgent and immediate needs within communities. Grants are given on behalf of individuals who are brought to the chapter's consideration through members of the clergy or through appropriate town personnel. In general, these grants cover one-time expenditures such as rent or fuel assistance.

Center For Community Action www.centerforcommunityaction.org/human-services-hub/ *A human service database to assist with child daycare, healthcare, public housing, urgent care facilities, farmer's market locations.* Also has a COVID-19 database @ www.centerforcommunityaction.org/coronavirus-covid-19-hub/

Mortgage information: visit the Consumer Financial Protection Bureau www.consumerfinance.gov/ask-cfpb/ or find a housing counselor near you <https://apps.hud.gov/offices/hsg/sfh/hcc/hcs.cfm?>

Rental assistance: visit the US Department of Housing and Urban Development At https://www.hud.gov/topics/rental_assistance

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Food Assistance

Welfare Helpline P.O. Box 2675, Harrisburg, PA 17105(800) 692-7462 Hours: 8:30 am - 4:45 pm *Cash assistance, food stamps, energy assistance and Medicaid for low income families.*

WIC (Women, Infants, and Children Program) Food for Women, Children, and Families *WIC helps with nutrition for pregnant women, nursing women, postpartum women, and infants and children younger than 5. Benefits can be used for approved grocery items at stores that accept WIC.*

Apply by calling the toll-free hotline at 800-WIC-WINS, or start your WIC application online at <https://www.pawic.com/onlineapplication.aspx>

Food Pantries

Food pantries continue to operate throughout Pennsylvania, although some have updated hours and all are working on ways to connect people with food without risking contact.

Find a pantry near you, at www.dhs.pa.gov/about/ending-hunger/pages/food-pantries.aspx then give them a call to make arrangements.

Find out more about how to get emergency food assistance at https://www.media.pa.gov/pages/agriculture_details.aspx?newsid=900

Grocery Help for Low-Income Individuals

The Supplemental Nutrition Assistance Program (SNAP) helps families, older adults, and individuals pay for groceries. Benefits are loaded onto an EBT card, which can then be used to purchase food at grocery stores, supermarkets, some farmers markets, and other stores that accept SNAP.

Emergency SNAP applications can be expedited and issued in five days. Pennsylvanians can apply for SNAP online at <https://www.compass.state.pa.us/compass.web/public/cmphome>

Meals for Older Adults

Area Agencies on Aging continue to provide meals for older adults throughout the COVID-19 pandemic. Call your local Area Agency on Aging and request that you be connected with meals. At <https://www.aging.pa.gov/local-resources/pages/aaa.aspx>

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Guides

<https://www.pa.gov/guides/responding-to-covid-19/>

- applying for unemployment benefits
- tax information
- reporting abuse and neglect
- substance use disorders resources
- mental health help
- tips for avoiding scams
- tips for pet owners
- how to talk to kids about COVID-19
- primary election dates

U.S. Small Business Administration

On March 19, 2020, Governor Wolf announced the availability of low-interest loans for small businesses and eligible non-profits in all 67 counties in Pennsylvania through the U.S. Small Business Administration (SBA). <https://www.governor.pa.gov/newsroom/gov-wolf-economic-injury-disaster-loans-available-to-small-businesses-and-nonprofits-facing-losses-related-to-covid-19/>

Loan applications can also be downloaded at <https://www.sba.gov/funding-programs/disaster-assistance>. Applicants may apply online using the Electronic Loan Application (ELA) via the SBA's secure website at <https://disasterloan.sba.gov/ela>. Completed applications should be returned to the local DLOC or mailed to: U.S. Small Business Administration, Processing and Disbursement Center, 14925 Kingsport Road, Fort Worth, TX 76155.

The Pennsylvania Department of Community and Economic Development offers working capital loans that could be of assistance to businesses impacted by COVID-19. Resources and information can be found here as they become available <https://dced.pa.gov/resources/>

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Department of Drug and Alcohol Programs DDAP guidance and resources

Get help now hotline • 1-800-662-HELP (4357) A 24 hours a day, 7 days a week, 365 days a year hotline staffed by trained professionals who will stay on the phone with the caller until a treatment provider with an opening is identified. In addition to the hotline, text (717-216-0905) and chat options are available.

Alcoholics Anonymous: Offers online support <http://aa-intergroup.org/>

Cocaine Anonymous: Offers online support and services <https://www.ca-online.org/>

LifeRing: LifeRing Secular Recovery offers online support <https://www.lifering.org/online-meetings>

In The Rooms - Online Recovery Meetings: Provides online support through live meetings and discussion groups <https://www.intherooms.com/home/>

Marijuana Anonymous: Offers virtual support <https://ma-online.org/>

Narcotics Anonymous: Offers a variety of online and skype meeting options <https://www.na.org/meetingsearch/>

Refuge Recovery: Provides online and virtual support <http://bit.ly/refuge-recovery1>

Self-Management and Recovery Training (SMART) Recovery: Offers global community of mutual-support groups, forums including a chat room and message board <https://www.smartrecovery.org/community/>

SoberCity: Offers an online support and recovery community <https://www.soberocity.com/>

Sobergrid: Offers an online platform to help anyone get sober and stay sober <https://www.sobergrid.com/>

Soberistas: Provides a women-only international online recovery community <https://soberistas.com/>

Sober Recovery: Provides an online forum for those in recovery and their friends and family <https://www.soberrecovery.com/forums/>

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Emergency Preparedness Guide

<https://www.ready.pa.gov/BeInformed/EmergencyPreparednessGuide/Pages/default.aspx>

This guide will help you become better prepared by learning about:

- Different kinds of emergencies
- How to create all hazards/emergency plans and kits for your home, vehicle, and workplace
- How to plan ahead if you have a special need

Available in English, Spanish, Russian, Chinese and German.

Resources Specifically for PAARNG PHP Staff

If you become aware of a USAR service member who needs assistance, please feel free to direct refer them to the USAR PHP staff covering the State of Pennsylvania. Their contact information is below:

99TH RD DPH

Patricia Moloney, LCSW
Fort Dix, NJ
Office: 609-562-7580
Cell: 571-623-6459
patricia.a.moloney.ctr@mail.mil

99TH RD NCMs

Cindy Delphey, RN
Ft McCoy, WI
Cell: 910-622-3526
cynthia.m.delphey.ctr@mail.mil

Maria Zelko, RN

Ft Dix, NJ
Cell: 910-620-2927
maria.t.zelko.ctr@mail.mil

As the world faces unprecedented fear and uncertainty, the mental health community understands that we are stronger together. That's why we've teamed up with the nation's most credible mental health organizations to collaborate on a free resource hub to help people address their mental health needs during the COVID-19 pandemic.

COVID-19 Mental Health Resource Hub at <https://psychhub.com/covid-19/>

Behavioral Health Service Line (BHSL) Policy Library:

<https://info.health.mil/army/bhsl/Policy/Library/Forms/Policies.aspx>

GKO: <https://gko.portal.ng.mil/arng/STAFF/D10/B01/S03/SitePages/Home.aspx>

JSG Newsletter

<https://gko.portal.ng.mil/ngb/STAFF/D01/SG/SitePages/JSG%20Prescott%20Post%20Newsletter.aspx>